Values
We value and support:
- A positive, healthy and safe learning environment
- Respectful attitudes and actions
- Diversity
- Pursuit of personal excellence
- Service to community
- Teamwork
- 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 – the importance of vocabulary
Most of our subjects provide students with lists of what we call meta-language, the words that have specific importance or meaning to those subjects. Very often students simply place these lists in the back of notebooks and drag them out for spelling tests or in quick revision for an upcoming exam or assessment task.

There are other simple strategies that students can use that will help them to better understand these terms and this in turn should help overall understanding of the subject.

The simplest idea is to display some of the words around your house, either on a bedroom wall or on the fridge. The display could include the word, its meaning and a picture or diagram. The list should only include between five to seven words at a time and should be rotated fairly frequently. The simple act of putting these lists together and displaying them will aid in understanding and use.

Another idea is for students to incorporate key terms into their computer screen saver or backdrop so that every time they use it they are reminded of the words on display. It is important to rotate these words, to limit the number and to consider the visual effect.

Shanghai student visit
Thank you to the families and staff who have been involved with hosting visiting students and teachers from Shanghai. This is the first time we have hosted students from China and they are enjoying themselves and learning new English skills. Our students also get to benefit from meeting students from another culture. In a global society this is very important.

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 Cascade Academy (www.cascadesacademy.org). Her family has asked if I could approach families from our school who might be interested in hosting their daughter whilst she attends Alstonville High School.

Cascade 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 six 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.
I have one family who might be interested in hosting this student for one term if there was another family who would be prepared to host her for the other term.

Parking and safety at the front of the school
The front of our school can be a very crowded and busy place, particularly at the start and end of the school day (and even more so when it is raining). We also have limited parking. It is very important that we all work together to ensure the safety of everyone using this area, particularly our students. Recently there have been some changes to the signage and parking conditions on the street. It is very important that anyone using this area is aware of what the various signs mean. Ballina Shire Council has provided some information about parking for Alstonville High School which follows with this newsletter. There are heavy fines for parking in the wrong places.

Students can also be dropped off in Coral Street and make their way to the school via the walkway. They can also be dropped off at the top of Cawley Close and walk down the pathway that runs between the units. There is also a path to the school from the end of Main Street past PJ Oval and through the school farm. Students can bring rain jackets or umbrellas to school to use during rainy weather.

The P&C is holding discussions with Ballina Shire Council to explore the possibility of improving facilities at the front of the school.

Future directions for the use of technology at Alstonville High School – a forum about the possibility of moving to a Bring Your Own Device model
We would like to invite interested parents to attend a forum at Alstonville High School to start at 4.45pm on Tuesday 19th August to discuss the possibility of us moving to a Bring Your Own Device policy for all students. The forum will be held in the school hall and tea and coffee will be provided. To help with organisation we would appreciate if anyone wishing to attend could indicate by completing a quick online registration form that can be accessed by using the following hyperlink: https://www.surveymonkey.com/s/ST36JZQ

New Lockers
We have ordered more new lockers and they will be in the school soon. Those families who have already indicated they want to use one of the new lockers will be contacted and then we will make the rest of the new lockers available for other families.

Movie night: The Hundred Foot Journey
On Sunday 17th August at 6:30pm, Ballina Fair Cinema and AREA is hosting a movie night to help fundraise to support Bruce Fleming’s ongoing employment at Alstonville High School. Tickets are $20 and this price includes wine or juice and snacks before the show. All money raised goes towards funding Bruce Fleming’s work at Alstonville High School. Tickets are available from Alstonville High School, Alstonville Anglican Church, Alstonville Baptist Fellowship, Alstonville Uniting Church or Wollongbar Crossroads Presbyterian Church.

Congratulations to our Girls Soccer Team
Congratulations to Alstonville High Schools 15yrs Girls Football team and their coach Mrs Maria Bramley. They played round 6 of the Bill Turner Trophy last Thursday against Coffs Harbour and won 3-1 in a penalty shoot-out. See more information on this exciting game later in this newsletter. Their next game will be against Hunter Sports High School. Good luck!

Parent Teacher Night – Thursday 21st August
Our next parent teacher night for all years is scheduled for Thursday 21st August. We hope to see many parents and carers on that evening. Interviews can be booked online at http://sobs.com.au/. Parents and carers will need to know the names of your child’s teachers to make bookings. If you experience any difficulties with making the bookings online please ring our front office and we can provide support.

Alstonville High School Hosts the North Coast Dance festival
We are hosting the North Coast Dance Festival on September 5th, 6th and 7th. We have a team of volunteers organising this event and they need volunteers to help in the canteen. If there are any parents, teachers or year 11 students who can help out for a couple of hours in the school canteen your help would be greatly appreciated. All funds raised through hosting this event will go to providing resources for our students. If you can help in the canteen please let either Wendy Tolland or Marina Wiggins at school know.

David Silcock
Principal

Student Drivers
Students who drive to school must ensure that they have registered parental consent to do so by filling in the blue form available from Mrs O’Brien. Any passengers must also have their parents sign the form.

Drivers are requested to ensure that they obey all road rules and speed limits. We are receiving an increasing amount of complaints from the community about cars driven at high speeds noisily in Coral Street and Cawley Close. The police have already been notified and they will be monitoring the situation.

Mrs O’Brien / Head Teacher Learning / Attendance
Year 8 – Electives for Year 9-10 2015

Advance Notice – Year 8 students will be beginning the process of choosing electives subjects for Year 9 and 10. All students will receive subject selections advice booklets during Week 6 and will undertake the online selection process in Week 7 this term.

Please encourage students to talk to their teachers regarding this process.

Year 11 Biology Animal Conservation at Alstonville High School 2014

Year 11 Biology students who did not attend the Heron Island excursion in Term 2 participated in an animal conservation program for Alstonville High School. Our primary aim was to encourage more species diversity in the ecosystems that interact within our school environment.

The program started with research on native animals including rosellas, sugar gliders, possums and micro bats. The research identified the distribution, ideal habitat, food source and competitive factors affecting each animal’s survival. An information sheet and plaque was produced to use as an educational resource for future use. Habitat boxes were purchased with specific dimensions suited to each individual species. The optimum location was identified by the students and a possum and micro bat habitat box was installed behind the science staffroom in our remnant rainforest. We are hoping to have our first tenants move in to start this year or 2015. Anyone who identifies the location of these boxes is encouraged to minimise disturbance to the site to avoid discouraging future tenants.

There has also been an exciting discovery at our school. A Richmond Birdwing butterfly, both rare and endangered was found dead near Bullwinkle Park. This is a good indication of an existing population in this area. Since European settlement, the Big Scrub bushland which contained the primary food source and habitat for the butterflies has dramatically declined. The class contacted Ballina Shire Council, Natural Resource Extension Officer – James Brideson, and have requested some birdwing vines to be planted for National Tree Day to enhance the existing habitat for these insects within the school grounds.

Thanks to all students who participated in this program.

Thinking global by acting local.

Mr Holmes / Science

Cows Create Careers 2014 Presentation Day – Year 9 Agriculture

Year 9 agriculture students engaged in the Cows Create Careers, group project for the majority of Term 2. Students learnt the skills associated with working productively as a team, decision making, personal responsibility and content associated with the dairy industry. Two young dairy calves were reared onsite at the school agriculture plot with student involvement.

The quality and diversity of work this year was exceptional. The range of student work included a cake and scrapbook (winning entry), a movie with a comedy twist and a number of 3-D models.

Sophie Sproule and Lilyan Chilcott produced the winning entry and Sophie was interviewed by ABC radio for the country hour program. View the article at – http://www.abc.net.au/news/2014-07-25/cows-create-careers-winners

Congratulations to all students involved, your effort and conduct on the day was commendable and a source of pride for the school. I look forward to your Year 10 enterprise projects.
Mr Holmes / Science

**HSIE News**

**MEDIEVAL DISPLAY FOR YEAR 7**

An exciting, interactive medieval experience has been organised for all Year 7 students currently studying European lifestyles in 10th and 11th centuries as part of their History course. For the afternoon of Monday 11th August, they will participate in a performance by the Coffs Harbour Sword Club which will transport them back in time using costuming, armour, weapons, crafts, food and music. Their descriptions of life in the early middle ages period will be brought to life through displays and demonstrations of authentic artefacts, stories and graphic descriptions of events. Mock sword fights and professionally played Scottish bagpipes will allow the students to experience the sights and sounds of this fascinating period. Audience participation with some students assisting with the demonstrations will be something that we hope they will never forget. Students need to return their permission notes and $6 to the office by this Friday 8th August to be included in the activity.

Ms Hartley / HSIE

**Year11 Construction VET Work Placement**

Another successful work placement for Construction has occurred with all students registering enjoyable experiences and employers happy with the students’ input.

A big thanks to Tranquil Pools and Landscapes, David Howe Building, Brian Beazley Constructions, TD Irvine Building, Mark O’Neil Painting, Martins Timber Joinery, Andy O’Maley Building, Naramaa Detail Joinery, NJ Constructions and Jeff Smith Plastering.
Mr Groves / Construction Teacher

**Supervision of Higher School Certificate**

Don Hurley, Presiding Officer for 2014 Higher School Certificate exams is looking for at least two people to work supervising the HSC exams. This is a paid position. Parents or close relatives of current year 12 students cannot apply this year. All enquiries to the school office on 6628 5222.

*Don Hurley / Presiding Officer*

**SPORT NEWS**

**The Bill Turner Trophy**

Congratulations to Alstonville High School’s 15yrs Girls Football team and their coach Mrs Maria Bramley. They played round 6 of the Bill Turner Trophy last Thursday 31st July at Crawford Park in Alstonville.

The Bill Turner Trophy is a 15-years-and-under High Schools Knockout Football Tournament for girls and the equivalent, the Bill Turner Cup for boys, is contested by teams from Cairns in the north to Melbourne in the south and encompasses around 400 schools.

We would like to commend our girls who can be proud of being in the last eight standing teams after beating Coffs Harbour 3-1 in a penalty shoot-out. The scores were locked at nil-all after two halves of 30 minutes and two 10 minute halves of Golden Goal additional time could not separate the sides.

All girls played well in a tense game in which both teams defended solidly throughout the match. Alstonville went on to win the game scoring three goals from the spot while Coffs Harbour could only put one past Alstonville Keeper Shana Povey-Hyatt. Alstonville were elated to win the game and finish as Champions of the North Coast, North West and New England Division.

Alstonville’s next match – a quarter final berth will be against last year’s champions Hunter Sports High. The game will be played in Week 6 at a venue to be determined approximately halfway between both schools.

Congratulations, the team’s coach Mrs Maria Bramley and to all the girls in the Alstonville High 15yrs Girls Soccer team:

<table>
<thead>
<tr>
<th>Shana Povey-Hyatt yr10</th>
<th>Sophie Sproule yr9</th>
<th>Natalie Hohepa yr9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashleigh Brown yr9</td>
<td>Hayley Speidel yr9</td>
<td>Mahli Borham yr9</td>
</tr>
<tr>
<td>Amber McClure yr10</td>
<td>Grace Lane yr9</td>
<td>Anna Magraf yr7</td>
</tr>
<tr>
<td>Jasmin Maxwell yr7</td>
<td>Sarah McKie yr9</td>
<td>Brittney Webster yr9</td>
</tr>
<tr>
<td>Karissa Bultitude yr9</td>
<td>Madeline O’Brien yr10</td>
<td>Jessie Jordan yr9</td>
</tr>
<tr>
<td>Alesha Parker yr7</td>
<td>Ruby Riordan yr8</td>
<td></td>
</tr>
</tbody>
</table>

**Year 7 Sports Gala Day**

A reminder to all parents and students that the Year 7 Sports Gala Day that was originally going to be held at Evans K-12 School on Tuesday 12th August and was postponed to Tuesday 26th August, will now be held in Term 4 with a date to be advised. The original permission note will still apply as there are no organisational changes, meaning students are not required to complete a new permission note. However, the few students who have not already returned their permission notes and money will need to return them.

**Year 8 Sports Gala Day**

The Year 8 Sports Gala Day is hosted by Casino High School and will be held on Tuesday 2nd September (Week 8, Term 3), held at various Sports Venues around Casino. The Gala Day provides an opportunity for Year 8 students to represent the school and compete against students from the other 10 schools in the Northern Rivers Zone. The sports that are offered include: soccer, tennis, netball, touch football, and volleyball.

Paul Francis / PD/H/PE
Shanghai Students Visit

Shirley plus enormous carpet snake at Macadamia Castle

Krystal, Bobby and Andy feeding a kangaroo at Macadamia Castle

Students tasting an assortment of "typical" Australian foods

Simon with some of his host family - Moritz and Fifi Margraf

At Crawford House Museum in Alstonville

Chinese students practising their money skills at our Australian students' "shop"
P&C, Canteen & Uniform News

Our next P&C meeting is Wednesday 27\textsuperscript{th} August from 7.00pm until 8.30pm in the staff common room. Please come along and find out what is happening in your child’s school.

The P&C require a new Treasurer.
If you are able to help please contact Annette McGrath 66291678

Canteen and Uniform News

Are you on Newstart or over 55?

The canteen has been given approval by Centrelink for volunteers to be covered to work in the canteen for 30hrs per fortnight for 12 months and you become exempt from having to look for work during that period.

Can you help? Please ring Robynne on 6628 1797

Uniform Shop

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

Year 12 Farewell Breakfast BBQ

This year our Farewell Breakfast will be on Friday 19\textsuperscript{th} September.

We desperately need year 11 families to help us with organising this event. Donations of fruit and flowers would be gratefully received.

Next meeting will be Wednesday 13\textsuperscript{th} August at 4.30 in the staff common room.

All enquiries to Wendy Hoven 66285265
Join us to celebrate Southern Cross University’s 20th Anniversary!

11am - 5pm
Saturday 30 August 2014
SCU Lismore campus

Join the celebrations and enjoy a vibrant day of information and activities for school students, teachers and parents, including:

- A chill-out zone in the main event hub
- SCU course and pathway information stands for prospective students
- A “Demystifying Uni” information session for parents
- Short, sharp and snappy talks by SCU lecturers and alumni
- Opportunities to chat with SCU staff about courses and careers
- A BBQ lunch and free coffee
- Live music, health and lifestyle activities, a visual art exhibition, campus tours and much more

And it’s all free!
Wake up Sleeping Beauty  
Dannielle Miller

Join Dannielle Miller, one of Australia’s foremost educators, authors and media commentators on teenagers, for a presentation on the issues affecting our daughter today. This seminar exposes the pain of teen life world – the body image crisis, low self-esteem and constant bombardment with toxic and superficially media and marketing portrayals of women.

Dannielle reveals the reasons that so many teen girls today are depressed, overwhelmed, unloved and angry, and why too many are binge drinking, self-harming or going on extreme diets. Most important, she shares upon her own journey to change and heal herself. This personal story is amazing, honest and heartfelt. The seminar is packed full of insights and practical tools to help your daughter cut through the negativity and become a happy, confident young girl.

The 1-hour talk is by turn shocking, inspiring, humorous, emotional – and ultimately empowering to you as a parent.

Tickets $20
Don’t Miss Out
Purchase online today!
www.ticketyticked.com.au
0467 910 403

THE MAGIS CENTRE
XAVIER CATHOLIC COLLEGE
2 Redford Drive, Skennars Head
MONDAY, AUGUST 11
7PM – 8:15PM

For further information please contact
Elizabeth Cadd McDonald
Grace Cadd Management
on 0467 910 403 or Louise Taylor
Catholic Schools Parent Assembly
on 0407 135 975.

Proudly brought to you by the GEM Bike Event Management and More Schools.

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ON-Q TRANSITION TO WORK INFORMATION SESSION
FOR STUDENTS, PARENTS, AND TEACHERS

COME ALONG AND FIND OUT MORE ABOUT WHAT ON-Q CAN HELP YOU.

ON-Q Human Resources invites you to attend an information session to outline the new “Transition to Work” (TTW) program operated to assist eligible school leavers move towards a sustainable, long-term employment.

The TTW program builds person-centred tailored plans around young adults, to assist them to gain long-term sustainable employment by building confidence, improving living and work skills, building communication skills, and fostering independence.

The information sessions will be held at the following locations:

**Tuesday, 26th September 2014**

**Location:**
ON-Q Human Resources
Shop 3, 115 Summer Street, Ruffle
Times: 3:30pm - 4:30pm

**Wednesday, 27th September 2014**

**Location:**
ON-Q Human Resources
Shop 3, 115 Summer Street, Ruffle
Times: 3:30pm - 4:30pm

Please feel free to come along, meet the ON-Q team and gather some information about the post school services available.

For catering purposes, we request you RSVP by Friday, 26th August. Please RSVP by phone 1800 761 361.

We look forward to meeting you, and being of assistance to you at this time.

Yours sincerely,

Lyndsay Sturtridge
Client Services Manager
ON-Q Human Resources

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6th Annual Findlay Young Artist Award

Part of St Andrews Fete
Saturday, 16th August, 2014

Presentation at 12 noon.

All entries should be submitted to St Andrews Ballina, 107 Benrack Street, Ballina, by 3pm Monday, 11th August, 2014. Please include Name, Age and School.

3rd Prize Judged: $100
plus 5 x $20 popular choice and 10 x $10 highly commended

Catalogues and Certificates of Achievement issued to all entrants.

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SCHOLARSHIPS
HELPING CHILDREN TO A BETTER FUTURE

The Australian Veterans’ Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers scholarships to help children, and in some cases grandchildren, of the Australian ex-service community with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies.

AVCAT relies on the generosity of the ex-service and business community as well as private donors. If you would like to find out more about supporting AVCAT or applying for a scholarship, please contact us:

T: 02 9213 7999 E: avcat@nla.gov.au W: www.avcat.org.au

APPLICATIONS OPEN 18 AUGUST
ROAD SAFETY AROUND ALSTONVILLE HIGH SCHOOL

Council would like to ensure that no child is injured or killed whilst travelling to and from school.

School zones are areas where there is a lot of interaction between vehicles and pedestrians. Younger road users can behave unpredictably and are considered to be vulnerable road users. Their age and lack of experience means it sometimes difficult for them to judge dangerous situations.

To improve road safety around your school, we need your assistance.

Illegal parking in school zones puts young road user’s safety at risk. If you are a parent or carer, please ensure you follow the road rules around schools. Allow enough time to drop off and pick up your children, without rushing. Often it is less stressful and safer to park a little bit further away from the school gate and walk to drop off or collect your child.

Familiarise yourself with the parking restrictions around your school, look out for signage and teach your child (ren) to be safe around traffic.

School zones operate between 8.30am and 4.00pm on school days only. Remember the speed limit is 40km/h in all school zones.

To avoid traffic congestion around your school, parents are being asked to encourage bus travel and for families to consider walking or cycling to and from school.

Around Alstonville High School

• NO STOPPING means you cannot stop in this area for any reason.
• BUS ZONE means you must not stop or park in bus zones unless you are driving a bus.
• NO PARKING means you can stop for a maximum of two minutes to drop off and pick up passengers.
  You must stay within three metres of your vehicle at all times.
  Note: New NO PARKING signage has been installed in Cavley Lane.
• DOUBLE PARKING. You may not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.
• Park and walk. Allow yourself plenty of time to safely drop off and pick up your child.
• Remind your child about the importance of pedestrian and bicycle safety, scooter safety, travelling safely on a skateboard and safety in car parks (remind then to stick to the footpaths).

When it comes to youth safety, Council makes no apologies for issuing infringement notices to drivers who break the law in and around school zones.

Council’s rangers will be monitoring your school zone.
PLEASE do the right thing, and park safely in school zones.