### 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

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**Best Wishes Year 12**
This week is the last week at school for our Year 12 students prior to them starting HSC exams. On Friday morning we are holding our annual farewell breakfast and assembly. On behalf of the Alstonville School Community I wish our Year 12 all the best for the next month of HSC preparation and exams. Thanks must also go to their families and friends for working with us to support year 12, and to the staff who have been working so hard alongside our year 12 students.

**School Development Half Day – Friday 12th September**
During the half day public holiday last Friday 12th September Alstonville High staff started work on “the new school plan” for 2015-2017.

Every public school in NSW is required to develop a new school plan involving a new approach by the end of Term 1 2015.

I have included information below from Education and Communities Public Schools NSW on this process and how we will involve the whole education community in the development of the new school plan.

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**DON’T FORGET OUR SCHOOL MUSICAL**
**BUY YOUR TICKETS NOW**

**Bugsy Malone**
The School Musical
Tickets now on sale at the Front Office
Adult $12.00  Child $5.00
October 9th, 10th and 11th

The new approach to school planning is the first part of a new approach to school excellence. It is a streamlined and strategic approach to school planning, reporting and self-assessment to better support schools. It is based on extensive research and a strong evidence-based platform, which includes two years of development and testing by principals in NSW public schools.

The development of the planning approach has included input from many school leaders throughout the state. It is an evidence-based approach which models best practice in planning.
It provides a great basis for establishing a successful, high level methodology to leading transformation in our schools and across our public education system.

**Key Features**

There are five key features which underpin the new approach to school planning. Only three are included in this introduction.

1. **Identifying 3 strategic directions** will help to ensure a high level focus that will drive the ongoing growth and development of the school. Each strategic direction will be informed by the standards within the School Excellence Framework for learning, teaching and leading.

   This first feature is where staff spent their time on Friday 12th September.

   Each faculty presented ideas around 3 strategic directions. We will also involve students, parents and community members in identifying their views and thoughts on a longer term vision.

   The 3 strategic directions of the school plan are the key drivers for delivering the school vision. They define the major activity of the school in bringing about school growth and development. By adopting a small number of high level strategic directions, this planning approach aligns to international best practice (Fullan, 2012). It assists members of the school community to understand the purpose and interdependencies of the strategic directions in contributing to the achievement of the intended outcomes.

   The identification of the purpose of the 3 strategic directions reinforces the message from Sinek (2009) that success will likely follow ‘when everyone in the organisation can say why we do what we do’. By determining high level strategic directions, which are each made up of a small number of projects, school members are more easily able to understand the way any project in which they are involved contributes to the whole. Their involvement becomes much more purposeful when such connections are made.

2. **It involves determining the purpose of each strategic direction before considering what will be achieved and how this may be undertaken. It is based on the Why, How, What golden-circle framework proposed by Simon Sinek (2009).**

3. **The importance of working with students, staff, parents and community members is recognised in building the shared understanding, knowledge and skills required to achieve the educational practices necessary to bring about sustained growth.**

   Early next term we will determine how best to engage our community and create a shared longer term vision for Alstonville High School.

**Reminder Term 4 - First Day Back Staff and Students**

This is to remind parents and carers that the first day back for Term 4 for staff and students will be Tuesday 7th October.

**Paul Grebert**

**Relieving Principal**

**Year 12 Farewell Breakfast Friday 19th September**

The Year 12 Farewell Breakfast is on this Friday 19th September starting at 7:30am. Parents are to park down on the school oval. Turn in at the gate near the bus zone and follow the signs.

**Second Hand Uniforms Needed**

It would be greatly appreciated if any students who have out grown their school uniforms would kindly donate them back to the school. Please drop into the front office as we are in desperate need of spare clothes.

**TAS News**

**Hospitality News**

Senior Hospitality students finished their final practical with the traditional French Wedding cake the Croquenbouche. In 2 hours the students baked off 80 profiteroles, cooked up 2 litres of pastry cream, assembled the tower and decorated with toffee and spun sugar. This was a spectacular end to their two years of Food and Beverage training. Well done!

Senior Hospitality students participated in the annual Summerland House Farm Country Fair cooking event. Kirra Lee Turner assisted the head chef of the Byron at Byron in a cooking display featuring local produce. Together they...
produced a delicious pasta dish, which was very popular with the audience.

Chloe Abdesselem and Penny Skehan competed in an entertaining cooking competition with two students from St Johns Woodlawn. The competition was supervised by two celebrity chefs, Paul and Blair from My Kitchen Rules. At one point during the competition Penny, with microphone in hand, sang a Johnny Cash song whilst Chloe continued cooking up a delicious Thai chicken salad. Both teams produced very high standard dishes and the result was declared a draw. It was a very entertaining afternoon for all. The students had fun and gained valuable experience in both cooking and showmanship.

Rob Walker
Hospitality Teacher

Inability to participate in sport
In the event of injury or illness, a student must provide evidence in the form of a written statement from a parent or caregiver, to the Sports Organiser before Roll Call on sports days. These students will be supervised in the library and be allowed to do private study using the library facilities. Students however are not allowed on the computers. Students will not simply be allowed to go home.

A Doctor’s Certificate is needed for an extended exemption.

Please Support the Bugsy Malone – School Musical

Alstonville High School will present the musical “Bugsy Malone” on Thursday 9th, Friday 10th and Saturday 11th October (this is at the end of Week 1 in Term 4) at the School Hall at 7.30pm. There will be a special matinee on Friday 10th at 12 noon for Alstonville Primary School.

Directed by Mr Scott Thomas (English), with Musical Director Mrs Colleen Bowles (Music), Bugsy Malone tells the story of Gang Warfare in the streets of New York. Originally seen as a movie with a very young Jodie Foster and Scott Baio, Bugsy Malone was designed to tell a grown up story with child actors. The movie was very successful and launched the career of Jodie Foster.

Tickets are available at the Front Office (by phone or in person) until this Friday 19th September (last day of Term 3) and then again when school resumes for Term 4 on 7th October. They can be paid in Cash or Credit Card. Tickets are $12/Adult and $5/school student.

Careers News

Year 12 Final Information
University on time applications close on Tuesday 30th September. Check closing dates for accommodation, scholarships, special entry requirements eg interviews, auditions, portfolios.

Check TAFE course application procedures over the coming few weeks as internet updated information for 2015 courses is added, particularly for local TAFE campuses.

Apprenticeships/Traineeships - apply now, drop off Resumes and take the pressure off planning for 2015.

If you need help/advice during the school holidays students/parents can email me on karen.horne@det.nsw.edu.au as I will regularly check emails.

Good luck in your upcoming exams next term!

Term 4 Careers Events- to mark on your calendars
- Tuesday 14th October - School visit Period 5 Year 10 Girls-Speaker Topic: Girls in Non-traditional Trade Occupations
Wednesday 22nd October – 12noon -3pm Year 10 students interested in Nursing Careers Options and Pathways Information Seminar at Ballina

Thursday 30th October Year 11 Senior Students Day Excursion to Southern Cross University - Lismore Campus Information on Courses, Services, Pathways, University expectations, current student panel

Tuesday 18th November Project Able Seminar at Ballina for Year 10/11 students interested in finding out more about working with people in disability organisations

Friday 21st November Year 11 Medicine and Allied Health (NOT Nursing) Seminar at Lismore Northern Rivers Rural Health Centre - Speakers and hands on workshop activities.

Karen Horne / Careers Adviser

Sports News
15 Years Girls Basketball
Our 15 years girls basketball team are into the final 16 in the state after beating Southern Cross Ballina 36 – 13 in the Regional Final.

Team members are:

They will now play a team from the Hunter region next term.

NSWCHS State Athletics Championship
Alstonville High School had three of our students represent the North Coast at the NSWCHS State Athletics Championships at Homebush Bay from Thursday 4th September to Saturday 6th September. The standard of competition at these championships is always exceptional and our athletes should be proud of their efforts.

We thank the parents for accompanying our students; their support is very much appreciated. Congratulations to all the students who competed at this carnival for representing the school with their best efforts and exceptional behaviour.

Results from the NSWCHS State Athletics Championships:

<table>
<thead>
<tr>
<th>Student</th>
<th>Age / Gender</th>
<th>Event</th>
<th>Distance / Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avery, Rhiannon</td>
<td>13yrs girls</td>
<td>Shot put</td>
<td>10.41m</td>
<td>6th</td>
</tr>
<tr>
<td>Rohweder, Leilani</td>
<td>13yrs girls</td>
<td>High Jump</td>
<td>1.40m</td>
<td>9th</td>
</tr>
<tr>
<td>Stanek, Gabrielle</td>
<td>15yrs girls</td>
<td>1500m</td>
<td>5:09.78</td>
<td>6th</td>
</tr>
</tbody>
</table>

Paul Francis / PD/H/PE

RRISK Reduce Risk – Increase Student Knowledge
Young People and Risk Taking
Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. If you have a year 11 student in your family, encourage them to attend.

RRISK seminar dates 2014
Lismore Southern Cross University 24 November 2014

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au and in this newsletter over the coming weeks.

Doug North / Head Teacher PD/H/PE
Year 8 Boys ‘Riggers’ Camp 2014

As advertised earlier this year, the Boys ‘Riggers’ camp has been designed for a group of Year 8 boys who have displayed leadership abilities, potential and school spirit. The camp at Nymboida Canoe centre will take place in Week 7 Term 4 (November 19th-21st).

Only those boys who nominated their willingness to participate in Term 1 were considered for the program. Selection was then based on their merit awards, RISK entries, school involvement and general character; staff and the Welfare Committee were able to formulate the successful candidates plus reserves.

Being the third boys’ leadership camp of its kind at Alstonville High, it was very pleasing to have a large number of nominations for the camp. Unfortunately, that has meant many of the boys that expressed an interest have missed out on this occasion. It is hoped that those boys can be involved in future leadership opportunities.

Congratulations to the following boys, who have been successful with their nominations:

Harrison Binney
Samuel Breugem
Joshua Bridges
Max Creamer
Fletcher Creed
Christopher Dibari
Jack Fletcher
Liam Gray
Joshua Green
Montgomery Greenslade
Peter Jarvie
Matthew Job
Riley Kennington
Jake Kilgour-Skinner
James Leslie
Djon Mack-Lemon
Eli Mclean
Ryan McGrath
Max Meury
Harry Porter
Pavikshan Siribalamurali
Lleyton Stevenson
Daniel Young

The boys will receive information and permission notes for the camp at their first planning meeting early Term 4.

We are really looking forward to the camp and working with such a motivated group of future leaders.

Mr Larrescy  
(Boys Advisor)  
Mrs John  
(Year 8 Advisor)
P&C, Canteen & Uniform News

The P&C would like to wish our 2014 year 12 students all the very best for your exams, and for health, success and happiness in your future endeavours.

Year 12 Farewell Breakfast BBQ

The Year 12 Breakfast is on this Friday 19th September. Volunteers are required on Thursday 18th from 2.30 onwards to help with preparation, and from 6.45am on Friday 19th. There are many jobs big and small needing to be done, so if you are able to help PLEASE contact - Wendy Hoven. 66285265

We require donations of fruit and flowers. Also a special request by our "flower arrangers"..... for long stemmed flowers and foliage eg kangaroo paw, bird of paradise, fountain grass, lengths of ivy or decorative creeper, large leafed green/red foliage but ANY variety of flowers will be greatly appreciated. Please contact Terri Randle directly 0438412889 with any enquiries and to arrange collection of flower donations.

Parking

Year 12 Breakfast BBQ guests - parking for the event will be provided on the school oval. Turn through the gates at the bottom of the bus zone and follow the signs. Please do not park along the eastern side of Cawley Close (which is a No Parking Zone) as other students will need to be dropped off before 8.45am.

Canteen and Uniform News

Toasties and Hot Chocolate will be available at the Back Door of the canteen this Friday morning due to the Year 12 Breakfast.

Uniform Shop

- Hours open 8-10am Monday Wednesday and Friday for general uniform and stationery needs
- Year 10 Graduation White Polo’s will be available the 1st week of Term4
- Year 10 2016 Jerseys are now available for fitting and ordering.
### School Holidays at the Lismore Libraries!

<table>
<thead>
<tr>
<th>Monday 22 September</th>
<th>Tuesday 23 September</th>
<th>Wednesday 24 September</th>
<th>Thursday 25 September</th>
<th>Friday 26 September</th>
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<tbody>
<tr>
<td>Lismore Library:</td>
<td>Goonellabah Library:</td>
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<td>Baby Bounce</td>
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<td>11am - 11:30am:</td>
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<td>2pm - 3pm</td>
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<td>11am - 11:30am:</td>
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<tr>
<td>Baby Bounce</td>
<td></td>
<td>Cardboard Creations</td>
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<td>Baby Bounce</td>
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<tr>
<td>(babies 0 - 1 yrs)</td>
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<td>(Limit 30)</td>
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<td>(babies 0 - 1 yrs)</td>
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<td>2pm - 3pm:</td>
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<td>2pm - 3pm:</td>
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<tr>
<td>Sand Art</td>
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<td>Create your own Jigsaw (Limit 30)</td>
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<td>(Limit 40)</td>
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<tr>
<td>Monday 29 September</td>
<td>Tuesday 30 September</td>
<td>Wednesday 1 October</td>
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<td>11am - 11:30am:</td>
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<tr>
<td>Baby Bounce</td>
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<td>Pop Stick Craft</td>
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<td>Baby Bounce</td>
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<tr>
<td>(babies 0 - 1 yrs)</td>
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<td>(Limit 30)</td>
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<td>(babies 0 - 1 yrs)</td>
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<tr>
<td>2pm - 2:30pm:</td>
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<tr>
<td>Tales &amp; Songs</td>
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<td>Lismore Library:</td>
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<tr>
<td>Pop Pop Making</td>
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</tbody>
</table>

*All activities for school-aged children*  

**Bookings essential on: 02 66212464**

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### School Holiday Activities

North Coast Region

<table>
<thead>
<tr>
<th>School Holiday Activities</th>
<th>Date and Time</th>
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<tbody>
<tr>
<td>Sailing for Beginners</td>
<td>Saturday 28 September</td>
</tr>
<tr>
<td>( Ages 10 - 14 yrs)</td>
<td>9am - 3pm</td>
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<tr>
<td>Sailing Regattas Day (Boys)</td>
<td>Saturday 28 September</td>
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<tr>
<td>( Ages 10 - 14 yrs)</td>
<td>9am - 3pm</td>
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**Engaging Adolescents Parent Course**

A 6-session program for parents and carers  
BDCSA Youth Service  
32 Swift St  
Lismore  
Starts: Wednesday the 8th of November, 2017, at 6pm  

- **Cost:** $180  
- **Registration required:**
  - **Course is FREE**

**For more information contact Steve Bowles on: 0407 953 511**

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**For more information contact Steve on 66 815 511 or 0447 131 108**

**steven.bowles@bdsca.org**  

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**This course is being led by a headspace licensed practitioner:**  
www.andeaplay.com.au
BALLINA LITTLE ATHLETICS - Fun, Family and Fitness
Athletics Fields, Quay's Drive, West Ballina
2014 – 2015 Season

- Season commences 8th October
- Register & Pay online now at www.lansw.com.au
- Club nights are every Wednesday from 5:15PM
- Age Groups from 4/5 years old (tots) up to 16 Years (U/17)
- For more information, see our website
  www.ballinalittleathletics.com.au
  Email: ballinalittleathletics@gmail.com

HAVE FUN, MAKE NEW FRIENDS, AND LEARN ABOUT ANOTHER CULTURE!

Volunteer to host an international high school student arriving into Australia in February 2015, and you’ll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light. Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!
ALSTONVILLE SHOWGIRL COMPETITION

Alstonville Showgirl entries now open. The Showgirl competition forms part of the annual Alstonville Show and aims to find female ambassadors for rural NSW. Entrants will be judged on their personality, general knowledge and public speaking skills. It’s a great way to be involved in your local community. Entrants must reside, study or work in the Ballina Shire.

The Miss Showgirl competition is open to girls aged between 12-17 and 11 months while the Showgirl competition is open to girls aged 18-24. Contact Jessica Lock on 0421513816 for an entry form or for more information. Entries close on the 5th of October 2014.