Alstonville High School Newsletter
Developing future citizens and leaders of the community – life long learning!

Cawley Close Alstonville
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Email: alstonvill-h.school@det.nsw.edu.au

25 November 2015

Alstonville High School
Our community values integrity in all aspects of life

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

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

Principal’s Report

Social Media
Over the past few years as a senior school executive (Deputy Principal and Principal) I have become growingly concerned over the exposure that our young people have in social media. Many parents have approached me and asked what they can do to protect their children. Of course if there was a simple answer then it would already be out there and happening. So all I can do is make some suggestions.

Firstly, as a parent to your child (depending on their age and maturity) you do have a right to view the sites that they are on and have an understanding of the people that they are contacting. Always speak with your child about what is appropriate and why. Most young people, in my experience, will accept a reasonable explanation, especially if they have been a part of the discussion.

Some parents have explained to me that they have set up rules for times of access to electronic devices and that there are some times when they are completely banned. An example of this is that all phones are to be put away during meal times. Another condition that has been suggested is that all electronic devices are placed out into a common area eg kitchen to be charged overnight when your son or daughter goes to bed. This is so that their sleep patterns are not disturbed during the night by an incoming call or text message.

You know your children better than anyone else and so can monitor their behaviours and emotions. If you are concerned then please talk with them. If they are not talking then please contact the school so that counselling staff can be notified and other staff can support yourself and especially your son or daughter.

The exposure to all forms of social media is a concern but can be managed for a positive advantage. You and your child must continually review your privacy settings, and ensure that only those photos that are positive are posted to a social media page. I am hearing all too often that companies are employing specialist social media investigators to examine the background of a candidate for employment. A comment or a photograph could make a big difference to employment success or otherwise.

However the greatest advice that can be given is to talk with your child. Allow them to put forward their views and come to some form of compromise. Sometimes your decision may not be what they want to hear but please be consistent. The protection of our children is at the centre of what we are all trying to achieve.

CALENDAR OF EVENTS 2015

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<tr>
<th>Date</th>
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<th>Event</th>
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<tbody>
<tr>
<td>25 Nov</td>
<td>Wed</td>
<td>P&amp;C Meeting – 7pm</td>
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<tr>
<td>26th</td>
<td>Thurs</td>
<td>Year 10 Peer Support Training</td>
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<tr>
<td>3rd Dec</td>
<td>Thurs</td>
<td>Year 6 into 7 Orientation Half Day</td>
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<td>9:00am to 11:30am</td>
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<td>4th Dec</td>
<td>Fri</td>
<td>Year 9 Leadership Camp</td>
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<tr>
<td>14th Dec</td>
<td>Mon</td>
<td>Presentation Assembly</td>
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<td>Years 7 – 10 – 9:30am</td>
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<tr>
<td>16th Dec</td>
<td>Wed</td>
<td>Last day Term 4 Students</td>
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<tr>
<td>17th Dec</td>
<td>Thurs</td>
<td>Staff Development Day</td>
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CALENDAR OF EVENTS 2016

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<tr>
<th>Date</th>
<th>Day</th>
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<tr>
<td>27th Jan</td>
<td>Wed</td>
<td>Staff Development Day</td>
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<tr>
<td>28th Jan</td>
<td>Thurs</td>
<td>Yrs 7, 11 and 12 First Day Term 1</td>
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<tr>
<td>29th Jan</td>
<td>Fri</td>
<td>Yrs 8, 9 and 10 First Day Term 1</td>
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<tr>
<td>3rd Feb</td>
<td>Wed</td>
<td>AHS Swimming Carnival</td>
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The internet filters at school are very good and are continually being monitored. Access to many sites are not allowed, but this does not prevent a student using a 3G device that bypasses all filters. The education of our children is the key in this area, and this is occurring but the follow up and support at home is essential.

John Douglas
Principal

**Year 7 English – Author Visit:**
During week 7, Mr Thomas’s English class were lucky enough to participate in a special visit from the author of *Collision*, Ms PJ Byer. The class were very excited to meet a ‘real author,’ and had a multitude of questions to ask over the course of 40 minutes. They were able to discuss the importance of engaging the five senses when writing, how to turn an idea into a novel, appropriate strategies for editing and the benefits of sharing their work with friends.

In addition to great learning opportunities, our class were lucky enough to sample the opening section of Ms Byer’s novel and discuss the different literary techniques employed.

7EnglishR would like to thank our librarian Mr Palsmeier for organising the visit, and Ms Byer for sharing her time with us. Perhaps there will be some future novelists in our class, thanks to this wonderful experience. A number of students are already looking forward to reading the novel, available in our school library.

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**Careers News**

**Southern Cross University- Lismore Campus Headstart and Access Program Completion Ceremony**

Friday 30th October 2015

L to R: Kyle Watson, Lucy Andrew, Ms Karen Horne/ Careers Adviser, Breanna Gallan and Jordan Cosgrove

Recently I had the pleasure to be invited to attend the SCU-Lismore Headstart and Access Programs Completion Ceremony. The evening was to celebrate our local high school students’ achievements in a University environment. Some students completed a university subject chosen from - Caught in the Web: Designing for the Digital Space, Processes and Philosophy of Engineering, Biology, or Communication in Organisations. Other students enrolled in a generic access program to improve study skills.

SCU Headstart and Access both provide an opportunity for Year 11 and 12 students to gain direct entry and advanced standing into a variety of Associate Degrees offered at Southern Cross University. Free from university fees, the program offers the chance to gain a taste of university life, stimulate interest in academic pursuits and enhance educational performance and long term aspirations.

Karen Horne / Careers Adviser

**2015 ‘Riggers’ Camp**

This is an annual camp designed for Year 8 boys displaying leadership abilities, potential and school spirit. The camp is named in fond memory of James “Riggers” Rigby, a former Alstonville High Student, who himself displayed exceptional leadership qualities and a willingness to lead by example.

The boys who attended this year’s camp are as follows:

Finlay Ball, Samuel Cavanagh, Lee Clark, Jordan Coates, Caleb Donnelly, Austin Fay, James Fleming, Phoenix Fusek, Harry Hampson, Matthew Jarvie, Sam Lucena, Claydon Outerbridge, Edward Pearce, Zen Preddiey, Lachlan Rayner, Joshua Urquhart, Lachlan Wade, Caleb Watson, Jason Wright and Isaac Young.

The camp was enjoyed by everyone. They were involved in a variety of activities including a 17km canoe trip on Day 2. A big
thank you to Harry Jarvie for his involvement in the camp as he gave the boys great insight into leadership qualities and team building skills. Also thank you to Mr Thomas and Mr Larrescy for demonstrating to the boys how not to negotiate each of the white water rapids.

See more photos later in this newsletter.

Jack Larrescy / Camp Co-ordinator

Sport News

North Coast CHS Sports Awards

A number of Alstonville High Students will be recognised for outstanding performance in school sport throughout 2015. This year Alstonville High School is proud to have three students who have been invited to attend the 31st Annual North Coast School Sports Awards luncheon at Coffs Harbour on Monday 7th December 2015. Through much dedication and determination these students have achieved outstanding performances when representing the North Coast at NSWCHS Championships. All award recipients have not only achieved in sport but have maintained excellent personal qualities including exceptional behaviour, dress and sportsmanship. Award winners are encouraged to attend the luncheon to receive this prestigious award.

I congratulate all award winners for their exceptional achievements in school sport this year and acknowledge their high level of performance is an encouragement for younger students.

Paul Francis / Sports Co-ordinator

Trial Parent and Student Portal Module

Our school is conducting a trial of the parent and student portal module of our administration system Sentral. This module allows parents to access information about their students at home. This includes attendance (where parents can explain absences) school newsletters, reports, messages from teachers, assessment calendars and many other features. If you would like to participate in the trial please send an email to the school at alstonville-h.schol@det.nsw.edu.au and mark attention Mrs L Chapman to obtain an access key.

Leone Chapman / HT Teacher Learning - Welfare

URGENT!!!

Do you have any offcuts or lengths of cotton fabric you do not require anymore?

If so we are in urgent need of updating these in our TAS Textile faculty. Could you please drop them into the Front Office and the ladies will ensure they find their way to us. Thank you.

Staff of Textiles

North Coast Open Boys Cricket Championship/Trials

Recently four of our students were selected into the Northern Rivers Open Boys Cricket team: Lachlan Bensley yr11, Jordan McNally yr9, Lewis McNally yr10 and Kyle Yager yr9. These students travelled to Lismore on Tuesday 17th and Wednesday 18th November to compete at the North Coast Championships, which involves a Round Robin between the four zones that make up the North Coast Region. Congratulations to Kyle Yager yr9 for being selected into the North Coast CHS Open Boys Cricket team and to Lachlan Bensley yr11 for being selected as a shadow player. Kyle will now compete at the NSWCHS Secondary Boys Cricket Carnival early in 2016. Congratulations!

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Waterpolo

The NSWCHS Secondary Girls Waterpolo Carnival was held from Tuesday 3rd November to Friday 6th November at Sutherland in Southern Sydney. Alstonville High School was represented in this team by Sarah Bransgrove yr9, Jade Cusack yr11, Zahra Fox yr10, Molly Hughes yr10, Carly Mackerras yr10, Elly Mooseberger yr10 and Madeline O’Brien yr11. The North Coast Girls Waterpolo team finished in equal fifth, after their final game resulted in a draw with the team from Western Sydney Region. Jade Cusack of year 11 was selected into the NSWCHS U/17s 2nds team. This is the third year in a row that Jade has been selected into this State team and Jade will again represent the NSWCHS team at the NSW All-Schools Trials to be held early in 2016. Thank you to North Coast Open Girls Waterpolo Convener Chris Hill, for selecting, coaching and managing the team.

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Year 12 Formal 2015
2015 ‘Riggers’ Camp
Welcome the world to your home!

Why not host an overseas exchange student with AFS Intercultural Programs?

We have participants due to arrive in February and they require volunteer host families for their stay in New South Wales.

Make a friendship that can last a lifetime. Participants come for 5 months to 11 months and attend high schools and become an active member of the school, community and your family. They come from countries including France, Germany, Netherlands, Switzerland, Finland, Canada, Japan, Costa Rica, Argentina and Brazil.

If you are interested in going on an exchange overseas we would also love to hear from you to discuss the opportunity of becoming an exchange student.

For more information please call Sharon Toohey on 02 9215 0077, aus.hosting@afs.org or contact the AFS Hosting team on 1300 131 736 or visit www.afs.org.au/host to make an inquiry!

Position Available

Nursery Hand

Award Rates

No experience needed

Suited to a fit person who wants to learn

Phone: 6628 0777

Young Carers Project

Are you a student with a significant caring role?

This project supports students 18 years and under who have a significant caring role to complete their secondary education.

What is a Young carer?

A Young Carer is someone who provides significant support for a parent, partner, child, relative or friend who has chronic illness, disability, mental illness, alcohol or other substance dependence or who is frail aged.

What can we do?

Support is based upon the individual needs of the young person but may include some of the following examples:

- Respite – a short break from your caring responsibilities to spend time on school work or other school activities.
- Tuition support
- Material resources such as school books or uniforms
- Support to attend school activities
- Referral to appropriate services.

What will happen if I call your service?

Young Carers or their advocates will complete a Young Carer eligibility assessment that will inform us of the scope of your caring role and help us understand the challenges that may be present.

We will then discuss what supports would best assist your situation and who may be available to help. We can then provide assistance to bring these supports into place and help you stay at school. You can contact us whenever you need.

This is a free and confidential service. Contact us on 1800 052 222
**SES Youth Trial School Program for Years 9 and 10 2016**

**Where:** Located at SES Ballina Unit – Angels Beach Drive Ballina

**When:** February 2016

This is a 10 week program and will run every Tuesday night from 6:30pm until 8:30pm. Parents are to drop off and pickup each week. A SES uniform is provided.

The youth are of vital importance to the growth of the NSW State Emergency Service both for member participation and a connection to the future generations.

The aim of this program is to:

- To introduce youth into volunteering
- Give youth an insight to emergency services
- Provide skills and qualifications
- In building resilience in young people
- Team building and fostering of new friendships with people of similar ages and interests

If interested in participating in this program please contact Karen Horne the Careers Adviser this term who will nominate two students.

*Karen Horne / Careers Adviser*