Welcome Back to 2015

I hope that everyone had a wonderful Christmas and New Year and that our students had a safe, relaxing and rejuvenating summer holiday.

I would like to take this opportunity to introduce myself to the Alstonville High School community. My name is Mr John Douglas and I have lived and taught within the Ballina community for the past 20 years. I initially came to Ballina to be Head Teacher Science for Southern Cross School K-12, from which I moved into the Science Consultancy role for the Far North Coast to then be appointed as Deputy Principal of Ballina High School. I have had many extended periods relieving within the principal’s role and now look forward to relieving as Principal of your school, Alstonville High School, for the next two years.

From my very first day at Alstonville High School I have been made very welcome by all, especially the students. To be greeted in a friendly, respectful manner by students who are in uniform is a pleasure. I commend all parents and carers for providing their children the correct uniform and footwear. May I encourage all to maintain a high standard in uniform as the total community makes their first impression on the presentation of our students.

One thing that I have noticed over my education career is, as students get older, and especially in secondary school, they discourage their parent/carer involvement within the school. I very much ask for your involvement and especially in the learning of your child. Mr David Silcock in a newsletter last year correctly stated that “It is during this time that positive and regular round table conversations about what learning students are engaged with and what they are contributing to the development of their own skills and knowledge become really important. Parents and carers who are well informed about school practice and proactive relationships with staff find it easier to set a positive inspirational tone.” I ask that you maintain and further develop your relationship with the school in a positive manner.

We would also like to welcome our new Deputy Principal Kristine Pizarro. She will be in charge of Years 7, 9 and 11. Kristine has come to us from Forbes High School where she was Head Teacher Mathematics but spent a lot of time as relieving Deputy Principal. Also welcome to Sam Palsmeier from Colorado on a teacher exchange as our teacher librarian for 2015.

I want to congratulate last year’s year 12 group for some outstanding Higher School Certificate results. These results reflect upon the efforts and dedication made by students but also to the high level to teaching, commitment and experience from a dedicated team of teaching and support staff. It is my expectation that each student will learn and achieve beyond...
their expectations throughout this year. Stay informed with all the many activities that are happening within the school by reading this newsletter, visiting the school’s website and following us on Facebook.

Within the next few weeks the security fencing around the school will be completed. This fencing is to provide a safe working environment for all students and staff. Please do not see the fence as a deterrent or a barrier for your involvement with your school, the same access paths will be open as they are now during school hours. Also, during this term the buildings for the Primary Industry courses will be finalised and building will be commenced if not completed.

Term 1 2015, as all of 2015, has a very full and busy calendar. By the time you read through this newsletter the Annual School Swimming Carnival will have been completed (weather permitting) with many students participating, gaining points for their house and possibly moving on to further representation. Events such as the swimming carnival are part of the culture of the school and I ask that all students participate and encouraged in their participation by all parents and carers.

Thank you for your welcome to Alstonville High School and I hope that I will have the opportunity of meeting each parent and carer.

John Douglas
Principal

Footwear reminder
We remind students and parents that canvas shoes are not suitable shoes to wear to school and are not part of our school uniform. Students should be wearing shoes that are predominantly white or black and which have leather or a leather-like vinyl upper. Students who do not wear the correct footwear can find themselves on detention or restricted in activities at school until we can ensure they are wearing the right shoes. We would like to avoid this situation occurring and ask for your support.

Wednesday Afternoon Sport
Sport is a compulsory part of the sport curriculum and all students must attend sport from years 7 to 10. A permission note for sport completed by a parent or caregiver is required by all students. A permission note will be distributed at roll that will cover the whole year. Once completed it is to be returned to the roll call teacher. An information note regarding sport choices, when it is being carried out, and the specific sports for that term, will be distributed via roll call approximately week 7 each term.

A copy of the permission note and this term’s information note can be found on the school’s web site.

Medical Information
If your child needs a Health Care Plan for Asthma please contact the school on 6628 5222.

School Vaccination Program
Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2015 the following vaccines will be offered:

Year 7 students*
- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

Year 11-12 students*
- measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National
HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Renewal of New Locker Hire for 2015

Students who were issued new lockers in 2014 are now required to make payment of $20 for new lockers and $7-50 for metal (old) lockers for 2015. If this payment is not made by the end of Week 5 – 27th February these lockers will be reissued to students on the waiting list.

Sport News

Waterpolo

The NSWCHS Secondary Boys Waterpolo carnival was held late in Term 4, 2014 at Tamworth.

Alstonville High was represented in this team by eleven students:

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Year</th>
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<tbody>
<tr>
<td>Sam Stanek</td>
<td>yr12</td>
</tr>
<tr>
<td>Ben Galbraith</td>
<td>yr11</td>
</tr>
<tr>
<td>Josh Galbraith</td>
<td>yr11</td>
</tr>
<tr>
<td>Tom Fleming</td>
<td>yr12</td>
</tr>
<tr>
<td>Felix Margraf</td>
<td>yr12</td>
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<tr>
<td>Liam Hair</td>
<td>yr12</td>
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<tr>
<td>Isaac Sheehan</td>
<td>yr11</td>
</tr>
<tr>
<td>Daniel Sawyer</td>
<td>yr10</td>
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<tr>
<td>Callum Sweeney</td>
<td>yr12</td>
</tr>
<tr>
<td>Julian Aenishaenslin</td>
<td>yr12</td>
</tr>
<tr>
<td>Josh Patston</td>
<td>yr11</td>
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</tbody>
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The North Coast Boys Waterpolo team finished with 5 wins and 3 losses to finish 3rd out of the 8 regions that competed at state. This is the best performing North Coast Boys Waterpolo team for a number of years. Felix Margraf of Year 12 was selected into the NSWCHS U/17’s 2nds team. Felix will again represent the NSW team at the NSW All-Schools Trials to be held on the 7th March. These boys all played very well and Alstonville High School should all be proud of their efforts. Well done!

Billets

The Northern Rivers Zone will host the North Coast Swimming Championships at Lismore Memorial Baths on Thursday 5th March, 2015. To enable students from the most southern schools of our region the chance to compete we require host families to billet these swimmers. Host families will be required to provide a bed and dinner on Wednesday 4th March and breakfast on Thursday 5th March. Families interested in providing a billet should give their names and contact details to Mr Francis.

Year 12 VET Students

Year 12 VET students doing Construction and Hospitality will be involved in their Mandatory Work Placement in the next week. Good luck to all!

Athlete’s Foot Rewards Program

- For every pair of shoes bought for an Alstonville High student at Athletes Foot in either Ballina or Lismore, the store will donate $5 to the school.
- When buying shoes people just have to tell the sales assistant that they are Alstonville High students for the $5 to be added to our reward tally.
- The shoes being purchased do not have to be school shoes – this is for any shoes purchased at either of these stores.

It is important that people take the time to mention the school at the time of purchase so we can accrue rewards.

Students who have recently purchased shoes at either of these stores can take their docketts in to the store to have points retrospectively added to our tally.

Parent Tips

Parents pool their tips

Ask your child to write all their teachers’ names on their timetables and make a copy for the fridge. If they have a mobile phone, have them take a photo of their timetable so they have it with them all the time. Read more tips from experienced parents.

Find out more:

Benefits of team sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Benefits include learning how to be more resilient, and being less likely to feel isolated.

Find out more:
The P&C would like to welcome all new and existing families back to school for 2015.
We hope everybody has an enjoyable year.
Our next P&C meeting is Wednesday 25th February at 7 pm in the Staff Room. Please come along and have your say about what the P&C will be doing this year.

Fun Run
The Fun Run will be happening again on Saturday 14th of March.
If you are interested in helping with this great event please contact Annette McGrath 66291678 or email: mcgrathx4@westnet.com.au

Canteen and Uniform News
Please check out the weekly menu on the board and our daily specials.
Any special dietary needs please see Robynne Surtees in the canteen.
Orders taken daily for lunch so as not to miss out on some of our limited specials
Don’t forget our Canteen card minimal withdrawal $10. Surcharges apply.
Stationery Items available from the canteen, books, pens, and grid Books.
We are in need of volunteers to help in the canteen, for a couple of hours, one day a week, a month or a year. Please call Robynne if you are able to help 66281797

UNIFORM SHOP
OPENING HOURS
8am - 10am
Monday, Wednesday, Friday
EXCITED BY THE SOCCEROOS IN THE ASIAN CUP?
COME AND PLAY FOOTBALL AT VILLA FC

- biggest participation sporting club on N.C.
- first club in Australia awarded Level 2 for its organisation

Register ONLINE at myfootballclub.com.au then SIGN ON at:
• Sat 7th (10am), 14th (10am) & especially 21st Feb 10am–2pm Geoff Watt Clubhouse
• Thursday 12th Feb 6pm-8pm Crawford Park
• Friday 20th Feb 2pm-5pm Alstonville Plaza

Football for Ages 5 years to Adult.
New players – please bring Birth Certificate.
Coaches needed for all ages: apply at Sign On
For all details, visit us at www.alstonvillefc.com.au

216 ARMY CADET UNIT LISMORE

The Army Cadet Unit in Lismore is having a FREE information night at the 41st Royal New South Wales Regiment barracks at 108 Military Road, Lismore. The information night will run from 7:30pm to 9:00pm on Monday 23rd February 2015.

Recruits will learn brand new skills and have many experiences not available to ordinary civilian youth groups.

Come along and enjoy this evening.

ALSTONVILLE TENNIS ACADEMY

Qualified Junior Development Coach/Club Professional Coach

WE OFFER
* Private, Group and Squad Lessons
* MLC Hotshots (4-11 yrs)
* Cardio Tennis (Adults and Teens)
* Thursday night junior social comp
* Tournaments
* Birthday parties

Open Monday-Friday
Budgen Avenue, Alstonville.

CALL NOW! Paul Denning 0419 146 190

BALLINA JUNIOR RUGBY LEAGUE

Ballina JRL will be holding its sign on days

FEBRUARY 7th and 14th from 10am till 1 pm, at the SEAGULLS Club.

All new players remember to bring your Birth Cert or Passport.
We look forward to seeing all returning players and welcoming new players.

BECOME A SEAGULL IN 2015.

Contact Our Secretary Vicki 0431158066 or Our Registrar Krystle 0403381310 for more information.