ANZAC Ceremonies

Welcome back to Term 2 2015. Once again this is a very full term with many activities occurring. It was with great pride that I was able to participate in the commemoration of ANZAC Day ceremony at Alstonville High School on Thursday 23rd April. This is a major event within our culture and community. I want to acknowledge the team led by Mrs Marina Wiggins who organised this assembly. The students involved in the ceremony were outstanding. The guest speakers kept the student body engaged as each spoke differently on the aspects of the effect of war and especially World War 1 on the Alstonville community and village at that time. Mr Ian Kirkland and Mr Harry Jarvi are to be thanked publically for their contribution. The number of students who approached both men after the assembly to thank them indicated the effect of their presentations. Mrs Colleen Bowles and Mr James Ross along with their students must be recognised for their contribution with musical items. All students within the assembly were attentive and respectful of which they should be proud.

The formal assembly was followed by the ANZAC march and ceremony on Saturday 25th April. The weather on the day supported the overall positive atmosphere. To be a part of a school that had a significant number of students and staff marching was very fulfilling. To stand and listen to our school captain, Felix Margraf, give the ANZAC Day address was inspirational. I want to thank all parents who encouraged their sons and daughters to attend this ceremony and to the other ceremonies throughout our area.
Assessments / NAPLAN / Exams

This week begins with half yearly exams for Year 10 and 11 students. NAPLAN for Years 7 and 9 students will be in Week 4 from Tuesday 12th to Thursday 14th May with a catch up day on Friday 15th May. I very much encourage all Year 7 and 9 students to present themselves and participate to their highest level in each of the NAPLAN tasks. In Week 5 Years 7, 8 and 9 will be completing their half yearly exams from 25th to 29th May. I encourage all parents and carers to support their children through this assessment time by ensuring that their son and/or daughter is able to read over their classroom notes, complete revision exercises and sheets, have a regular bedtime and are eating appropriately. This assessment period will ensure that all class positions are correct and to give a more accurate progress description for each student. An assessment of course progress is an important part of the learning process.

Alstonville High School Cross Country – Friday 8th May

The annual Alstonville High School Cross Country is on Friday 8th May at Lennox Head. From all reports I have been told that this is a great day for all students and staff. This is a normal school attendance day so it is expected that all students will attend and participate in the events of the day. In the off chance that the weather is inappropriate a normal timetabled day will occur. Events such as the swimming carnival, cross country and athletics carnival are days in which all students can participate no matter what their sporting ability. The social interaction on these days is significant and will always be remembered.

Welcome to Brett Price

I would like to welcome and introduce Mr Brett Price as the new Deputy Principal for Alstonville High School. Mr Price will join myself and Ms Kristine Pizarro as the Senior Executive of the school. My deepest thanks go to Mrs Leone Chapman for her role as relieving Deputy Principal throughout Term 1. I know that my introduction to Alstonville High School would not have been as smooth without her continual support, knowledge and guidance. Mrs Chapman will now be taking on the role of Head Teacher Teaching and Learning at the school.

Farewell Mrs Stanton

Finally, it is with some sadness that I advise the school that Mrs Karen Stanton Head Teacher English has informed me that she will be taking leave for retirement at the end of Week 5 of this term. Mrs Stanton has worked tirelessly as the Head Teacher of English, being always student centred and encouraging all students to achieve beyond their expectations. Mrs Stanton has led the English faculty with a high standard of professionalism and I am proud that she has been an outstanding teacher both at Alstonville and Ballina High Schools.

John Douglas
Principal

Sport News

Rugby Union

Alstonville High has three boys selected in the North Coast Open Boys Rugby Union team. The trials were held at Ballina Rugby Ground on Tuesday 24th March. These boys will now travel to Wagga Wagga to compete at the NSW Secondary Rugby Union Carnival from Wednesday 6th to Friday 8th May. Congratulations to Robin Cubis yr12, William Chung yr11 and Travis Gifford yr12.

Hockey

Five of our students represented the Northern Rivers Zone at the North Coast Open Girls and Boys Hockey Trials held on Friday 24th April. Congratulations to Joanne Hunter yr11 and Giaan Peiti yr8, for their selection into the Northern Rivers Zone Girls Team and Callum Brown yr10, Dylan Stone yr10, Peter Jarvie yr9 and Isaac Layton yr12, for their selection into the
Northern Rivers Zone Boys team. At these trials Isaac Layton of Year 12 was selected in the North Coast Open Boys Hockey team. Isaac will now compete at the NSW Secondary Boys Hockey Carnival held at Bathurst from Tuesday 26th to Thursday 28th May. Congratulations Isaac!

Alstonville High School Cross Country Carnival – Friday 8th May
A reminder to all parents and students that Alstonville High Schools 2015 Cross Country Carnival will be held at the Lennox Head Surf Club on Friday 8th May (Week 3, Term 2). Students have been given a permission notes in roll call, however, a large number of students have not returned permission notes. If you need a permission note, get one from the front office or PDHPE Staffroom. Please return permission note to your roll call teacher during roll call (do not return notes to the Front Office or PDHPE Staffroom.) All students are expected to arrive at Alstonville High School for a roll call on the outdoor basketball courts and pay $7.00 when boarding the bus. Only students who live in Lennox Head Village can walk to the Surf Club and must pay $7.00 for a 9:00am roll. Year 11 and 12 students are not allowed to drive and must catch the bus. A couple of students in year 12 will be driving things down for the BBQ, but they will have Mr Parsons permission and have completed and returned the driver consent form. Students are encouraged to wear house colours a hat and sunscreen (no singlet tops, because they don’t provide you with enough sun protection). Suitable running shoes must be worn (no thongs or slip-ons), it’s a fun day but everybody will complete the cross country course even if you walk. The first six students in each age group will qualify to compete at The Northern Rivers Zone Cross Country Carnival to be held on Friday 15th May (Week 4, Term 2) at Lismore Race Course.

Parent Newsletter

Careers Excursion to Northern Rivers Careers Expo - Thursday 14th May 2015
Our school is booked for this excursion to be held at the Goonellabah Sports and Aquatic Centre on Thursday 14th May from 9:10am to 11:30am. Years 10, 11 and 12 may attend and the cost for this will only be the return bus fare. Representatives visit from TAFE, Universities, government and employment.

For the list of exhibitors visit www.nrcareersexpo.com.au. Students can pick up permission notes from the Careers office by Friday 1st May. The note and money MUST be returned to the front office by Recess 2 on Tuesday 12th May.

Year 10 Annual TVET – TAFE Open Day Friday 12th 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 Year 10 leavers going to apprenticeships and traineeships in 2016. More information and permission notes will be available in late May from the Careers Office.

Year 12 Information on Early Entry or School Recommendation Schemes
Information on Early Entry or school recommendation schemes will start filtering into school late Term 2 or early Term 3. University admission booklets UAC (NSW/ACT) and QTAC (QLD) etc. will not be available until July 2015. Students and parents need to look at individual university and TAFE websites for CURRENT information on entry, scholarships, accommodation etc. as closing dates eg for submission of portfolios and booking auditions, and procedures may vary.

Tax File Numbers
REMINDER - Tax file numbers are no longer processed by schools. Students now need to visit the taxation department website for the new processes to apply. Apologies, but this was initiated by the tax department as of January 1st 2015.

Karen Horne / Careers Adviser

PARENT TIPS

Managing depression
One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.

Find out more:

Financial literacy
Does your child need help with business and economics? Here's info on credit cards, how to be responsible spenders and savers, and make consumer choices.

Find out more:

SCHOOL OFFICE HOURS FOR

PAYMENTS BY STUDENTS

Before School 8:30am – 8:53am
First Recess 10:20am – 10:40am
Second Recess 12:00 – 12:10pm
Second Lunch 1:50pm - 2:10pm
The Alstonville High School Library is holding a “SURF” photo/drawing contest. Winners will receive prizes (including a signed poster by local surfing pro Kieren Perrow).

Photos and/or drawings can be of anything to do with SURF. (For example: surfboards, surfing, boogie boarding, windsurfing, beach and sand, waves, water photos, aquatic life, seabirds, snorkelling or diving, kiteboarding, etc.

Photos entries can be on a USB, paper/poster, emailed (sam.palsmeier@det.nsw.edu.au), Word or PPT, etc.

Entries will be judged on creativity, originality, colour, composition, style, details, effort, etc. **Submit your entry from MAY 4th -22nd**. Entries will go on display in the library until May 31st. Entries will be judged by the contestants; who will pick three favourites (not including their own) by May 27th.

See the librarian or the library Blog for more details: [http://alstonvillehslibrary.edublogs.org/](http://alstonvillehslibrary.edublogs.org/)

Good Luck SURF fans!
**P&C, Canteen & Uniform News**

**Uniform News**

Welcome Back to Term 2! The cooler months are ahead of us and the uniform shop has stock of school jumpers and the correct winter attire. The Senior Rugby tops have been distributed and Shirley is in the process of collating the orders for the Year 10 tops.

If you have any questions about the uniform, please contact Shirley at the uniform shop on 66281797. The uniform shop is located on the southern end of the canteen.

**UNIFORM SHOP**
**OPENING HOURS**
8am - 10am
Monday, Wednesday, Friday

Payment can be made by cash, cheque or EFTPOS and lay-by is available.
Shirley also stocks quality second-hand uniforms.
Profits from sales in our uniform shop, as in our canteen, are directed back into the school – it is the ultimate form of ‘shop locally’.

**Canteen**

*We are in need of volunteers on a Friday to help in the canteen. Please call Robynne if you are able to help 66281797*

With the cooler months upon us, the wonderful staff of Robynne, Helen and Shirley are now serving hot soup at the Canteen 4 days a week (from 12pm) at a cost of $3.00.

This is in addition to the weekly specials board - in case your child is concerned about losing the Friday favourite ~ Enchiladas!

**P & C News**

Firstly, thank you to those who made the meeting last Wednesday night. As a new committee, it was heartening to see new faces (not just our own).

As mentioned in previous newsletters, we began discussions on suggestions made on the ‘Wish List’. There is a still a number of matters to be discussed and we would encourage you to attend the next meeting on **Wednesday 27th May starting at 7pm**. Meetings are generally concluded by 8pm.

Looking forward to meeting you.

Andrew Philippzig-Mann
P & C President
SURVIVING ADOLESCENCE TOGETHER

Adolescence is one of the greatest transitions a family must face. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or caregiver.

This parenting course is designed to support parents/ carers to understand and respond proactively to the challenges of adolescence, and to help strengthen the parent/ teenager relationship.

Topics covered: adolescent development, how relationships are protective, risks teens face, challenges parents face, how parents and teens push each others buttons and how to positively influence your teen.

WHEN: Tuesdays 26th May, 2nd June and 9th June (these are not separate seminars)
TIME: 10.30am to 1pm
WHERE: Byron Community Centre
69 Jonson Street, Byron Bay
COST: Free
CONTACT: Steve 0429 190 210
reconnectballina@nrsdc.org.au
BOOKINGS ESSENTIAL

FREE PARENTING PROGRAM

ENGAGING ADOLESCENTS

How to have those ‘tough conversations’ with your teenager while deepening and strengthening your relationship.

Thurs May 21, 28 & June 4
3 sessions 10am—12.30pm.
Bookings essential. Please phone 6621 2489 to book.

Family Support Network.
143 Laurel Avenue, Lismore.
Ph 6621 2489. Parking at rear in Shepherd Lane
Summer sport is finishing!
Looking for a **WINTER DANCE SPORT** for girls?

Physie has changed from many years ago. It is a dance sport that fuses jazz, ballet, hip hop and is performed to upbeat, fun music.

If you’ve ever tried physie before, **NOW** is the time to try it again! No dance experience is required. Come along and have some fun with our friendly club.

Classes are **every Tuesday** @ the Alstonville Leisure and Entertainment Centre and **every Thursday** @ the Rous Mill Hall. Classes for ages 5 and up are from 4pm onwards. Classes are only $7 each.

If you have any questions, Contact **Jenna** on 0406774992 and check out www.physicalculture.com.au

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**Goonellabah Library will be holding a**

**‘My Story’ writing workshop**
with local author **Jesse Blackadder**, to give young people a chance to...

- Tell their story
- Have it added to the library collection!

This workshop will run over two evenings.
**Thursday 7 May - 5.00pm - 8.00pm**
Receive guidance & mentoring from international award-winning local author, inspiring public speaker and creative writing teacher, Jesse Blackadder as you begin your own personal writing journey.

**Thursday 21 May - 6.00pm - 7.30pm**
Invite family & friends to the launch of your work.

These workshops are for high school aged students.
We will be serving pizzas & drinks so bookings are essential.
Contact the library on 66251235, or book at the Goonellabah or Lismore Libraries.