Year 12 Hospitality Dinner
Term 2 has ended up just as busy as it began. Last week gave me the opportunity to sit and dine with parents and friends of the current Year 12 Hospitality class. The meal that was presented by these students, under the supervision and teaching of Mr Walker, was excellent with friendly and efficient table service. All students involved must be very pleased and proud of their presentation.

NAIDOC Celebration
Thursday’s assembly saw the celebration of NAIDOC. It was pleasing to be able sit within the assembly and watch and listen to students presenting upon the stage. From the playing of the National Anthem through to the final song each student participating gave of themselves, dealing with nerves and the ability to perform. Once again I thank all who were involved for their time in preparation and organisation.

Year 12 Drama Performances
Last Thursday evening saw the performances both of group and individual Year 12 drama students. To be able to witness the transformation of students from one scene to another, moving into a different character role was engrossing. To be able to be part of an audience to view works that have been months in preparation was very satisfying for all audience members. Mrs Davenport and her support team must be congratulated on a very interesting and entertaining evening. It was obvious that all students enjoyed the opportunity to perform and present their works and to gain feedback from invited drama markers.

Sport
Last week saw a number of sporting teams represent the school. It is obvious that not all teams will win their event. However it is the positive attitude that students return with and in the obvious efforts that they have which made is very satisfying to see. A thank you goes to all coaches and parents who support the many teams within the school.

Year 12 Trial Exams
As was stated in the last newsletter, Year 12 will begin next term with their Trial Higher School Certificate examinations. This holiday period will allow Year 12 students an extended break from classes so that revision and study can be completed. I know that a number of classes and workshops will be run over the holiday break to help and support Year 12 students in their final examination preparations and in the completion of major works.

Chinese Students and Teachers Visit
As has occurred previously at Alstonville High School a group of 10 Chinese students accompanied by two Chinese teachers will be part of Alstonville High School for two weeks early in Term
3. We wish each of these students with their teachers a very warm welcome and we have planned an informative and extensive educational program for this group. This the third time since last year that a group has travelled from China to visit our area and be a part of our school.

**Farewell to Elise Furgurson**

I would like to take this opportunity to farewell Elise Furgurson. Elise has been an exchange student with us from Oregon USA and has been a major contributor to the life and time of our school. We wish her all the best in her future studies and know that her time in our area was to her advantage.

**Term 3**

Next Term starts on Monday 13th July for all staff with students returning on Tuesday 14th July. On the Monday all staff will be involved in professional learning which will include “Safety on Social” – how Alstonville High School is exposed to social media; Sentral software package, extending into new area of student wellbeing; collection of data for consistency with the classroom on student learning; and a refresher to Positive Behaviour for Learning (PBL), a very full day for all staff.

I wish all students and staff a safe and restful holiday break.

John Douglas
Principal

**Semester 1 Awards Assembly – Term 3 Tuesday 28th July**

A special assembly will be held at school in Term 3 on Tuesday 28th July commencing at 11:00am to celebrate the academic success of our students in Semester 1.

Students will be presented with awards based on the following criteria:

**Outstanding Academic Achievement**

Awarded to a student who achieves outstanding academic results (Semester mark of at least 87% and an overall Grade A) in at least:

- 6 Subjects in Year 7
- 4 Subjects in Year 9
- 3 Subjects in Year 11

**Academic Achievement**

Awarded to a student who achieves outstanding academic results (Semester 1 mark of at least 87% and an overall Grade A) in at least 1 subject.

Kristine Pizarro / Deputy Principal

**High Performance Program**

Our school has a proud tradition of academic excellence and a culture of high expectations. This has led to the development of a High Performance Program which will be available to Year 6 students who meet the selection criteria. These students will undertake an accelerated pattern of study through Years 7 to 9 and commence some of their senior subjects in Year 10. As a result, students will have greater access to Extension 2 subjects and university courses.

If your son or daughter is keen to get a head start and maximise their potential, bring them along to the information session at the High School on Monday 20th July commencing at 6:00pm in the library.

Kristine Pizarro / Deputy Principal

**A Huge Thankyou to the P&C**

The Home Economics faculty would like to express our appreciation to the P&C for their generous donation of 10 new Bernina 1008 Sewing machines.

Year 11 students unpacked and checked the machines and are now keen to use them. These will replace current machines that are 28 years old. This is a wonderful boost to our faculty and students will benefit enormously from this new technology. Thank you to all P&C members for your hard efforts in raising monies to support the school and students.

Mrs Grace, Mrs Williams, Mr Walker and Mrs Akers – Home Economics teachers

**World Environment Day**

The 5th June saw the coming of ‘World Environment Day’. To celebrate, the student Environment group, composing of Year 7 and 8 along with the SRC, hosted a cake stall in the Science Quad. There was everything from brownies to gingerbread, from rocky road to cupcakes. In fact, the cakes were boasted as the most fantastic cakes of all time! And they must have been, for the stall was an excellent success. In total, $324 was raised for the WWF and Seabird Rescue.

Thank you to all who helped out, bought cakes, and above all thank you to Mrs Akers, Ms Davenport and Mrs Rose for supporting our group.

Evie Lopes – Year 8
Food Technology Excursion
On the 22nd June, 60 students from Years 8 – 12 went to the Ballina Fair Cinema to watch “That Sugar Film”. The documentary gave us insight into how much sugar we eat per day and what foods it is hidden in.

The subject in the film performed an experiment where he tried to eat only 40 teaspoons of sugar per day for 60 days. After the 60 days he had put on 8.2Kg and 10cm around his waist, had developed a fatty liver and had increased the “bad” fats in his body. He gained all this weight, but still ate the same number of calories. He changed only the source of his calories from good fats and proteins to sugar.

It was interesting to find out that juices and drinks that everyone thinks are good for you, are extremely high in sugar, and low fat yoghurt, has the fat replaced with sugar.

I’d like to thank Mrs Akers and Mrs Williams for organising and taking us to see the movie.

Richelle Wood /Year 11

NAIDOC Assembly – Week 9
The 2015 NAIDOC assembly topic was “We all Stand on Sacred Ground: Learn, Respect & Celebrate”

The ATSI students decided to decorate the hall with sacred images that were designed by two year 11 Aboriginal students, Bree and Sharna Kelly, with the help of Mrs Edge and Mr Barnes. Students in the art and science departments decorated the images then cut them out.

On the day of the assembly the whole school was proud of Iesha Torren’s acknowledgement of country. Then we were all impressed by the traditional dance and the modern dance by Zane Bird, Caroline Bradshaw, Kyeisha Laurie, Blake O’Conner, Iesha torrens, Anastacia Roma, Araucaria Velasco and Khawana Roberts.

Dan White

The traditional song from Iesha Torrens, Anastacia Roma, Araucaria Velasco was very entertaining and then we were inspired by Kyeisha Laurie’s solo song. Mrs Davenport was instrumental in the success of the dancing and singing.

Mr Douglas ended the assembly with an inspiring speech.

Morning tea would not have been possible without the continuous help from the canteen, special thanks to Helen and Robynne for preparing all the food and drinks. Not only did Iesha Torrens dance and sing, she also spent the previous night cooking a traditional meal that was enjoyed by the students, parents, carers, community and staff.
Sport News

Apologies Re: Alstonville High School Athletics Carnival Newsletter Article

I would like to submit a correction for an error in the Alstonville High School Newsletter Issue 8 (dated: 27th May, 2015).

The reporting of the Annual Athletics Carnival failed to acclaim Year 7 Student Kye Duesbury who equalled the record in the 13yrs Boys High Jump with 1.57m (old record Jordan Coughran 1.57, 2014). Apologies to Kye. Both Kye Duesbury yr7 and Jordan Coughran yr9 will now be recognised in the Alstonville High School Athletics records.

North Coast Regional Cross Country Championships

The North Coast Regional Cross Country Championships was held at Kempsey Racecourse on Friday 5th June, 2015. Alstonville had 29 students compete at Kempsey in very cold conditions. Our students were very successful on the day with 3 students winning their races: Anna Margraf 14yrs Girls Champion, Gabrielle Stanek 16yrs Girls Champion and Jonathon King 13yrs Boys Champion. Alstonville High also had 3 Champion School teams, with the 13yrs Girls, 15yrs Girls and 16 yrs Boys teams winning the School Teams Point-Score.

A total of 15 students won the right to represent the North Coast Region at the NSWCHS State Cross Country Championships to be held at Eastern Creek International Raceway on Friday 17th July.

Thank you to all the parents who took the time to support the team and drive students to Kempsey and also to the students who represented the school with great results and conduct. Congratulations and good luck to all the students representing the North Coast Region at the NSW State Cross Country Championships. These students and their results are as follows:

<table>
<thead>
<tr>
<th>Student</th>
<th>Age &amp;Gender</th>
<th>Distance</th>
<th>Place</th>
<th>Champion School Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ware, Aolani</td>
<td>13yrs Girls</td>
<td>3km</td>
<td>2nd</td>
<td>✓</td>
</tr>
<tr>
<td>Wenban, Chiara</td>
<td>13yrs Girls</td>
<td>3km</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Hofmeyer, Brooke</td>
<td>13yrs Girls</td>
<td>3km</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Creed, Hayley</td>
<td>13yrs Girls</td>
<td>3km</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Margraf, Anna</td>
<td>14yrs Girls</td>
<td>4km</td>
<td>1st</td>
<td>✓</td>
</tr>
<tr>
<td>Hofmeyer, Mikayla</td>
<td>15yrs Girls</td>
<td>4km</td>
<td>3rd</td>
<td>✓</td>
</tr>
<tr>
<td>Mainprize, Tani</td>
<td>15yrs Girls</td>
<td>4km</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>King, Britney</td>
<td>15yrs Girls</td>
<td>4km</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Stanek, Gabrielle</td>
<td>16yrs Girls</td>
<td>4km</td>
<td>1st</td>
<td>✓</td>
</tr>
</tbody>
</table>

Other team members on the day were:

13. Creed, Fletcher 14. Patson, Josh

Gymnastics

Congratulations to Sarah Alcorn of year 10 for being selected in the North Coast Open Girls Gymnastics team. This is the fourth year in a row that Sarah has been successful in her selection into the North Coast Gymnastics team. Sarah will continue to train hard before travelling to compete at the NSWCHS State Gymnastics Championships held at the Hunter Sports Centre, Glendale from the 3rd to the 5th of August. Well done!

Netball

On Monday 22nd June a team of 8 girls travelled to Tweed River High School to contest Round 4 of the NSWCHS Open Girls State Knockout. The winning team would go on to compete at the NSWCHS State Championships held in Dubbo.

The team departed Alstonville High School at 7:00am for a game scheduled to start at 9:00am at Tweed Heads. The conditions were very cold due to the strong southerly winds.

The Alstonville girls had a strong start with 3 unanswered goals. The Tweed River team made a strong comeback with a couple of goals up after the first quarter. The girls made some minor tactical changes in a solid effort to assert their dominance but unfortunately the Tweed River team managed to overcome the girls’ attempts.

The Alstonville team played very strongly throughout the match and in the end were narrowly defeated by Tweed River High School.
Thank you to Trish Rohweder for transporting and coaching the team. All girls should be proud of their efforts in a very close fought contest. The fight and determination of the team was a credit to the whole school community.

Thanks to all the girls in the Alstonville High School Open Girls Netball team:

1. Bransgrove, Sarah Year 9  
2. Hofmeyer, Brooke Year 8  
3. Hofmeyer, Mikayla Year 10  
4. Hughes, Chloe Year 11  
5. Hughes, Molly Year 10  
6. Moosberger, Elly Year 10  
7. Rohweder, Leilani Year 9  
8. Tate, Kirasie Year 11

**Northern Rivers Zone Athletics**

The Northern Rivers Zone Athletics Carnival was held at Riverview Park, South Lismore on Friday 19th June. The weather was fine and the track was relatively dry, perfect conditions for an Athletics Carnival. The Alstonville High School Athletics team with 70 students had 30 students qualify for individual events and other students who qualified in relay teams to compete at the North Coast Regional Athletics Carnival that will be held at the Coffs Harbour International Sports Stadium on Friday, 31st July, 2015.

Alstonville High school was first in the team point-score beating Maclean High School. Alstonville has had a clean sweep in 2015, after winning the School Point-Score at the Northern Rivers Zone Swimming, Cross Country and Athletics Carnivals.

Alstonville High also had two age champions, with Anna Margraf 14 Years Girls Age Champion and Chloe Hughes 17+ Years Girls Age Champion.

The first two competitors in each event including the 4 x 100m relay have qualified to represent the Zone at the Northern Coast Regional Athletics Carnival. **Students who qualified in relays need to see Mr Francis to confirm the sprints in each relay. A list of students who qualified has been placed on the PDHPE Staffroom Notice Board. Students going to North Coast Athletics must collect their Permission Notes from the PDHPE Staffroom and return them to the Front Office by Friday 17th July.**

Thank you to all the parents who took the time to support the team and drive students and also to all the students who represented the school with great behaviour.

Congratulations and good luck to the following students representing the Northern Rivers Zone at the North Coast Regional Athletics Championships:

<table>
<thead>
<tr>
<th>Name</th>
<th>Age &amp; Gender</th>
<th>Event(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avery, Rhiannon</td>
<td>14 Years Girls</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Baker, Mitchell</td>
<td>16 Years Boys</td>
<td>800m</td>
</tr>
<tr>
<td>Balfour, Jake</td>
<td>12 Years Boys</td>
<td>100m and 200m</td>
</tr>
<tr>
<td>Borham, Mahli</td>
<td>16 Years Girls</td>
<td>200m and Triple Jump</td>
</tr>
<tr>
<td>Corney, Liam</td>
<td>16 Years Boys</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Coughran, Jordan</td>
<td>14 Years Boys</td>
<td>Javelin and High Jump</td>
</tr>
<tr>
<td>Duesbury, Kye</td>
<td>13 Years Boys</td>
<td>High Jump</td>
</tr>
<tr>
<td>Fletcher, Jack</td>
<td>14 Years Boys</td>
<td>800m</td>
</tr>
<tr>
<td>Gilmore, Tess</td>
<td>13 Years Girls</td>
<td>High Jump</td>
</tr>
<tr>
<td>Hofmeyer, Mikayla</td>
<td>15 Years Girls</td>
<td>800m and 1500m</td>
</tr>
<tr>
<td>Hofmeyer, Brooke</td>
<td>13 Years Girls</td>
<td>800m</td>
</tr>
<tr>
<td>Hughes, Chloe</td>
<td>17+ Years Girls</td>
<td>100m, 200m, 1500m, 3000m, High Jump and Long Jump</td>
</tr>
<tr>
<td>Hughes, Molly</td>
<td>16 Years Girls</td>
<td>Shot Put and Javelin</td>
</tr>
<tr>
<td>Huibert, Damon</td>
<td>15 Years Boys</td>
<td>High Jump</td>
</tr>
<tr>
<td>King, Jonathon</td>
<td>13 Years Boys</td>
<td>100m, 200m and 800m</td>
</tr>
<tr>
<td>Krylov, Ilya</td>
<td>14 Years Boys</td>
<td>800m</td>
</tr>
<tr>
<td>Margraf, Anna</td>
<td>14 Years Girls</td>
<td>800m, 1500m, 3000m and Long Jump</td>
</tr>
<tr>
<td>McKie, Sarah</td>
<td>16 Years Girls</td>
<td>Long Jump</td>
</tr>
<tr>
<td>McNally, Lewis</td>
<td>16 Years Boys</td>
<td>1500m and 3000m</td>
</tr>
<tr>
<td>Morris, Fallon</td>
<td>12 Years Girls</td>
<td>High Jump</td>
</tr>
<tr>
<td>Peiti, Giaan</td>
<td>14 Years Girls</td>
<td>200m</td>
</tr>
<tr>
<td>Povey-Hyatt, Shana</td>
<td>16 Years Girls</td>
<td>Shot Put and Discus</td>
</tr>
<tr>
<td>Rohweder, Leilani</td>
<td>14 Years Girls</td>
<td>High Jump and Long Jump</td>
</tr>
<tr>
<td>Stevenson, Lleyton</td>
<td>15 Years Boys</td>
<td>400m, 800m and 1500m</td>
</tr>
</tbody>
</table>
The dedication and meticulous nature of our petition is still currently in progress with Alstonville state competition. They all
hfield, Emma
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Debating 2015
Paul Francis / Sports Organiser

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begin by praising the dedication and meticulous nature of our
students, they are such a pleasure to work with in training and
during debates. Furthermore, it gives me great pride when I see
them represent our school in debates around the Northern
Rivers and Coastal region.

Year 11 and 12
Our Year 12 team this year required a major overhaul. As the
experienced Year 12 team from 2014 moved on to university
studies, Reegan Vidler of Year 11 was left as the sole
experienced debating team member. Accompanying her were
several inexperienced, yet very enthusiastic young boys and
girls. Over two debates, Kael Little, Sam Northfield, Emma
Clark, Leah McDuff and Jack McCabe, all stepped in to ensure
Alstonville was represented in the State competition. They all
did exceptionally well, despite limited opportunities for training
due to HSC constraints. Sam Northfield in particular improved
dramatically over two debates and deserves recognition for his
efforts.

Unfortunately, Alstonville were drawn against 2014’s area and
regional champions, Byron Bay and Murwillumbah respectively. While both debates resulted in defeat for
Alstonville, I can safely say that the challenge was enjoyable to
watch for both audience and adjudicator.

Year 9 and 10
Both Lucy Turner and Clare Johns transitioned into our 9 and 10
debating team this year, having moved on from Year 8 in 2014.
The move has been seamless, as the girls have only augmented
what was already a strong team, featuring state debating team
member, Andrew Entwistle.

The competition is still currently in progress with Alstonville
having won their last two debates against challenging
opposition from Mullumbimby and Byron Bay. Their remaining
first round debate is scheduled for Week 2 of Term 3 against
Southern Cross at Ballina. This round is closely followed by the
annual North Coast debating camp, where a regional champion
is crowned. I look forward to writing an update in Term 3,
hopefully informing you of their further success. They are
certainly an exciting team to watch in action.

Year 7 and 8
For the first time in my career at Alstonville High School, I was
required to hold try-outs for the Year 7 and 8 debating team. As
only 8 students can be selected to represent our school in the
state challenge, I was faced with over 20 students who expressed
an interest in joining the team. This is an excellent
indication of the strength and pride our school places in
debating, and shows extremely promising signs for the future.
It is wonderful to witness these young students’ enthusiasm,
and I implore them to remain committed in their future years
at our great school.

The 7 and 8 competition is still in its infancy for 2015, and I look
forward to providing an update in Term 3.

Scott Thomas / Debating Co-ordinator

Paul Francis / Sports Organiser

<table>
<thead>
<tr>
<th>Relay Team that qualified for North Coast:</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls 12 Year Olds 4x100 Meter Relay</td>
<td>2nd</td>
</tr>
<tr>
<td>Boys 13 Year Olds 4x100 Meter Relay</td>
<td>2nd</td>
</tr>
<tr>
<td>Girls 13 Year Olds 4x100 Meter Relay</td>
<td>1st</td>
</tr>
<tr>
<td>Girls 14 Year Olds 4x100 Meter Relay</td>
<td>2nd</td>
</tr>
<tr>
<td>Boys 15 Year Olds 4x100 Meter Relay</td>
<td>1st</td>
</tr>
<tr>
<td>Boys 16 Year Olds 4x100 Meter Relay</td>
<td>2nd</td>
</tr>
</tbody>
</table>

Other competitors on the day:

| Barett, Ezak | Lochrin, Thea |
| Bransgrove, Sarah | McCormick, Katie |
| Breugem, Ivan | Meury, Max |
| Caldwell, Sontae | Mitchell, Abby |
| Cashman, Patrick | Nelson, Mikayla |
| Collings, Rory | Newman, Kurt |
| Conlan, Indiana | Newman, Luka |
| Day, Jackie | O’Halloran-Wilson, Dove |
| Fay, Austin | Preddey, Zen |
| Fay, Kallista | Rawson, Tom |
| Fleming, James | Riordan, Ruby |
| Fletcher, Adam | Rowhani, Samina |
| Fox, Zahra | Smith, Ethan |
| Green, Joshua | Thomson, Lachlan |
| Harrold, Elise | Tindall, Ashlee |
| Hudson, Ben | Vidler, Gabe |
| Jordan, Kaitlyn | Vidler, Josh |
| Kent, Shellie | Walker, Caitlin |
| La Macchia, Maddy | Webster, Brittany |
| Laurie, Kyesha | Wenban, Chiara |
| Layton, Maya | Williams, Ashleigh |
| Leslie, Nathan | Wolstenholme, Pip |
| Levot, Angus | Wood, Riley |

Tomkins, Miles 12 Years Boys Long Jump
Venter, Roelof 15 Years Boys 100m, 200m and Long Jump
Ware, Aolani 13 Years Girls 800m and 1500m
Wood, Justin 16 Years Boys High Jump
Wright, Dean 16 Years Boys Shot Put and Javelin
Wright, Norika 15 Years Girls 100m and 200m
**Geography Landcare Field Trip**

Year 8 Geography students travelled to Teven last week to get some hands-on experience with a local landcare group. The students learnt about the extent of native vegetation lost in the last 200 years and the ongoing efforts of the Tuckombil Landcare Group to return native plants to Maguire’s Creek at Teven.

The students then helped the group by planting Lasiandra to help stabilise the river bank. The students would like to thank Mrs Bramley and Mr Dunlop and the Tuckombil Landcare Group for this opportunity to get muddy for a good cause.

*Serena Rose / HSIE*

**Year 9 History Crawford House Exhibit**

Year 9 History students have been fortunate to be able to visit Crawford House over the last 2 weeks to view an exhibit on Alstonville’s involvement in World War I. The students also took part in a hands-on seminar that involved eating ration biscuits and seeing artefacts like the “Dead Man’s Penny” – a medallion presented to the family of those who died in ‘the Great War.’

The students were surprised to discover the significant contributions of our region and the gifts given by the community to ‘their’ soldiers. Year 9 would like to thank the Alstonville Historical Society and Mrs Gordon for organising the visits.

Soldiers’ ration biscuits from World War I. Don’t try to bite through them, you WILL break your teeth.

The Dead Man’s Penny is the colloquial name for the commemorative medallion presented to the next-of-kin of the men and women who died during World War One.

*David Dunlop / HSIE*
History Excursion - Sydney University- 12th -13th July
Ten students travelled to Sydney to attend HSC lectures at Sydney University. Lectures were presented by experts in their subject or option areas, providing students with exam strategies, depth of specific knowledge and higher order analytical skills. Students attended a range of lectures which covered the ancient history, modern history and extension history syllabus. Students found the two days an invaluable learning experience which will contribute significantly towards their HSC preparation. We enjoyed memorable moments such as being photographed with Paul Keim, an extension and modern history expert and HTA president, dining out in Chinatown and attending an NRL game.

Mrs Gordon

Applications for a Family and Community Services Youth Scholarship for 2016 are now OPEN.
The Youth Scholarship Program assists eligible young people living in social housing or on the NSW Housing Register to complete their HSC or TAFE equivalent. Two hundred and sixty six scholarships are on offer, each one consists of a one off payment of $1,500 which is administrated by the school or TAFE College on behalf of the student.

Applicants must be:

- Living in social housing in NSW (public housing, Aboriginal housing, community housing), living in crisis accommodation or on the NSW Housing Register
- Studying in Year 11 or 12 at a NSW high school or TAFE college for the HSC or TAFE equivalent in 2016
- Aged 25 years or under on 1 December 2016
- An Australian citizen or permanent resident
- Not earning an income higher than the NSW social housing eligibility limits (if earning an income)

A student who has previously been awarded a Family and Community Services Youth Scholarship cannot apply again.

Applications close at 5pm, 31 July 2015.

For more information and to download the application form and guidelines please to:

Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8-17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit www.brave4you.psy.uq.edu.au.

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**Alstonville Tennis Academy** have spaces available in our Holiday tennis clinic conducted by fully qualified Tennis Australia coaches. Spaces filling fast! Get in quick!

Monday 29th June to Thursday 2nd July (9-2:30)
Cost: $120 full clinic or $40 per day

For more information:
**Call Club Professional Coach**
Paul Denning 0419 146190

**ANZ Tennis Hot Shots** is just for kids. Smaller courts, lighter racquets and low compression balls that don’t bounce too high make learning tennis fun and easy for primary school-aged children www.hotshots.tennis.com.au