Student Accomplishments

CAPA Week

The accomplishments of students within a school, in all areas, may be used to determine the perceived value of the school. Sometimes these accomplishments are taken out of context or given inappropriate focus. As principal of Alstonville High School, I have stood back in complete admiration of the majority of our students. This week is currently the Creative and Performance Art (CAPA) week. I have been able to watch and listen to students since the beginning of term prepare for their presentations and performances. The immense talent of students having the confidence to present and perform is inspiring. If you have been able to attend any of the presentations and performances then you will also have to agree that there is great talent within the students of the school.

Year 10 Snow Excursion

Another area was that of the Year 10 Snow Excursion. All reports were positive, especially from the students who have now experienced an activity that they would like to do again. Even though some students came home totally exhausted and some with colds, all spoke of an enjoyable time. Once again thanks must be expressed to staff and parents who accompanied the students on this trip.

Chinese Visit

The group of fourteen Chinese students with their two escorting teachers, have now completed their stay at Alstonville High School. Quite a number of tears were shed at the farewell. All students enjoyed the interaction of the visiting students within the school. Alstonville High students definitely had the advantage when teaching and playing cricket but lost the advantage when it came to table tennis. Much laughter could be heard and smiles shown from students just enjoying each other’s company. Once again thank you to all families who billeted the visiting Chinese students.
Year 12 Major Works and Performances
A significant number of Year 12 students are completing major works and performances. The skills and talent being shown is commendable. With only four weeks remaining until the end of Term 3 it is imperative that each Year 12 student attends every timetabled class and be prepared to be involved in the lesson to gain the greatest benefit from their teachers and other students around them.

Year 11 Final Preparations
Year 11 students are in the final preparations for the final Preliminary Assessment tasks. Individual student assessment timetables have been prepared and students must ensure they know the timing for each task. Each Year 11 student must ensure that all course components have been completed and submitted to their teachers.

Farewell to Mrs Colleen Bowles
Finally, I want to acknowledge the extensive service and commitment that has been made by a highly dedicated and professional teacher on her retirement from Alstonville High School. Mrs Colleen Bowles is retiring at the end of August and will be leaving the school and profession with a great legacy within music and musical performance and appreciation. The entire school community wishes Mrs Bowles the very best in health and happiness in her retirement.

John Douglas / Principal

Year 8 EKKA Excursion – Brisbane RNA Showground
Ninety five students from Year 8 attended the EKKA excursion this year. Behaviour and attitude was outstanding on the day with students in uniform and representing the school with dignity and honour in a public space. Beef cattle judging was a highlight in the centre ring as well as many different plant and animal enterprises and products on display in an interactive and informative setting.

I wish to thank our Principal Mr Douglas and the office staff for their wonderful support as well as Mr Maginnity, Mrs John and Mr Sharp for their supervision and assistance on the day. Many thanks to all the parents involved for getting notes and payment in promptly and apologies for the lateness returning as this was due to delays on the road. Thanks to all staff members who covered lessons in our absence. Finally thanks to all students involved. It was a pleasure to see you behave responsibly and enjoy the many different learning opportunities on the day.

Mr Holmes / Science

Year 10 Snow Excursion
During Week 4 of this term, 108 year students attended the annual Year 10 Snow Excursion.

We left in the late hours of Sunday night. Following a 24 hour bus trip, including a stop at the Sydney Aquatic Centre, we finally arrived at our accommodation at the Station Resort in Jindabyne.

We woke to a lovely day and made our way up to Blue Cow for a full day’s skiing where the snow was exceptional. Following two 2 hour lessons, most of the kids had taken to skiing and snowboarding very well.

The following day was extremely cold and we got a taste of what winter is really like in the Snowy Mountains with snow falling all day and NSW experiencing its lowest temperatures for the year, with Perisher Valley dropping to -13 degrees.

Our final day on the slopes was superb. Whilst still cold, the wind had mostly gone and the sun shone. By now most of the kids were very adept on the slopes, and were able to ski and board across the entire resort.

Following a night in Canberra, we visited Questacon and the AIS in Canberra before making our way to Friday Night Football in Sydney. Watching Manly defeat South Sydney was definitely a highlight for me.

Despite a number of kids (and staff) battling the flu, the excursion was enjoyed by all. The behaviour of all was exceptional, and this was an experience the group will remember for a long time.

I would like to thank all students on the excursion for representing Alstonville High School with distinction and thank you to Mr Osland, Mrs Bramley, Mr Walker, Mr McMillan and Mrs Bowles for accompanying us on the excursion. Five parents also came along to assist in the management of the excursion. Thank you to Mr Simon Keir, Mr Craig Dollery, Ms Fifi Margraf, Mr David Kirsh and Mr Rob Mackerras.

Finally, on behalf of all students, thank you to parents for supporting your child on this excursion. As I mentioned earlier, this is an experience this group will remember for a long time and I know the cost of the excursion is significant.

Doug North (excursion coordinator)

Spine Society of Australia
There is a Self-Detection Brochure for Scoliosis that is available for all girls in Year 7 and Year 9 on the Scoliosis Australia home page at [www.scoliosis-australia.org](http://www.scoliosis-australia.org). Spinal curvature is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve.

The link is available for all interested parents and girls.

Thank you.

Kerri Crethar / Head Teacher Learning – Welfare

Congratulations to Jade Hurley
Congratulations to Jade Hurley Year 12 Drama for her selection into Dramaworks - a showcase of outstanding drama work from both public and private schools in this region.
If you would like to see these performances the details are below:

Dramaworks Performances: 11am and 7pm - Thursday 3rd September at the Starcourt Theatre, Lismore. Open to the public for both sessions.

Tickets are currently available from Ms Davenport for Alstonville High School students please leave your name and $12.00 OR:

Sue McLintock
c/o Emmanuel Anglican College
smclintock@eac.nsw.edu.au
Cost: $12.00 (Concession)
$15.00 (Adults)
Group Bookings of 10 or more: $12.00 per person

Kimberley Davenport / Drama

Water Polo
It’s time to dust off the swimmers and goggles and think about putting away the soccer boots and netball bibs.

- Two weeks until the pool opens - 1st September
- Four weeks until the Open North Coast Regional Trials
- Saturday 12th September 12noon - 4:00pm. Both boys and girls – good practice even for younger players
- Seven weeks until training starts for school 15 years team -Week 1 Term 4

Chris Hill

Home Economics Faculty
If you have any cotton fabrics, blended cotton or fleecy fabrics you do not require anymore, we would appreciate this donation to our faculty. This is required for students to complete project works in Years 7 and 8. Can this please be delivered to the Front Office.

Many thanks in anticipation.

Keryn Akers / TAS

Chinese Visit - Thank you!
Fourteen Chinese students from the age of 10-16 years accompanied by their teachers visited Alstonville High School for two weeks from the 27th of July. These students had a taste of Australian curriculum by attending various classes with their buddies. They also got to engage in many fun activities within the school and local community including visiting the local preschool and Alstonville Primary School. The visitors stayed in the homes of our students and were most grateful for their camaraderie, warm bed and sumptuous food.

As the co-ordinators of this program, myself and Mr Aaron Perkins would like to thank all the host families for welcoming the Chinese students into your homes. We would also like to thank Catherine Black for organising a well-structured and interesting program for our visitors. See photos later on in this newsletter.

Mrs Anna John

Study Skills Seminar Year 11
A study skills seminar has been organised for Year 11 students in Week 7 on Thursday 27th August at school from 9am – 11am. This seminar, to be conducted by Elevate Education, will cost $15 per student and all students are expected to attend. This type of seminar has been run for previous years and found to be very beneficial.

An information letter/permission form and brochure from the organisation has been sent home. Please complete and return completed with money as soon as possible.

Jillian Farrell/ Year Adviser

Snake Tails – Visiting Alstonville High School
Monday 24th August
Snake Tails is a multi-award winning, interactive learning experience, proudly featuring only Australian reptiles. Bob Withey, owner and senior presenter, was five when he got his first Diamond Python.

The Snake Tail show links in with the Year 7, 8 and 9 topic areas of 'Classification', 'Habitats and Interactions' and 'Ecosystems'. Year 7 and 8 will see the show in the hall Period 1 and 2 on Monday 24th August.

Mr White / Science

Sport News

North Coast Regional Athletics Carnival
The North Coast Combined High Schools Athletics Championships was recently held at the Coffs Harbour International Sports Stadium on Friday 1st August. The Alstonville High School Athletics team with 35 students had 9 finish 1st or 2nd in their event to qualify to compete at the NSWCHS Athletics Championships held at Sydney Olympic Park, Homebush Bay from Thursday 3rd to Saturday 5th September, 2015.

The following students have qualified for State:

<table>
<thead>
<tr>
<th>Name</th>
<th>Category</th>
<th>Event</th>
<th>Place</th>
<th>Time or Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avery, Rhiannon</td>
<td>14yrs girls</td>
<td>Shot Put</td>
<td>1st</td>
<td>10.39m</td>
</tr>
<tr>
<td>Balfour, Jake</td>
<td>12yrs boys</td>
<td>100m</td>
<td>1st</td>
<td>13.90</td>
</tr>
<tr>
<td>Coughran, Jordan</td>
<td>14yrs boys</td>
<td>High Jump</td>
<td>2nd</td>
<td>1.65m</td>
</tr>
<tr>
<td>Duesbury, Kye</td>
<td>13yrs boys</td>
<td>High Jump</td>
<td>1st</td>
<td>1.58m</td>
</tr>
<tr>
<td>King, Jonathon</td>
<td>13yrs boys</td>
<td>800m</td>
<td>1st</td>
<td>2:25.66</td>
</tr>
</tbody>
</table>
Margraf, Anna 14yrs girls 800m 3000m (12yrs to14yrs) 1500m (12yrs to14yrs) 1st 1st 2nd 2:42.51 11:33.93 5:29.39

Rohweder, Leilani 14yrs girls High Jump 1st 1.42m

Ware, Aolani 13yrs girls 800m 2nd 2:41.12

Wright, Dean 15yrs boys Javelin 2nd 39.97m

Other team members who also competed at the North Coast Regional Athletics Championships include:

Baker, Mitchell Borham, Mahli Day, Jackie Fay, Kallista

Fletcher, Jack Gilmore, Tess Hofmeyer, Mikayla Hofmeyer, Brooke

Hulbert, Damon Jordan, Kaitlyn Krylov, Ilya Leslie, Nathan

McKie, Sarah McNally, Lewis Meury, Max Morris, Fallon

Newman, Kurt Newman, Luka Peiti, Giaan Povey-Hytty, Shana

Rowhani, Samina Smith, Ethan Stevenson, Leyton Venter, Roelof

Vidler, Joshua Wood, Justin

We thank the parents who gave their time and drove 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.

Lawn Bowls

Recently three Alstonville High Students returned from the NSWCHS Lawn Bowls State Carnival held at Armidale from the 4th to 6th August. These students were: Indiana Conlan yr10, Kit Conlan yr10 and Adam Weule yr8. These students had been selected into the North Coast Open Lawn Bowls team earlier in the year. This is the second year in a row that Indiana and Kit Conlan had competed at the State Carnival after competing at Wagga Wagga last year. It was a great achievement for Adam Weule from year 8 to compete at the state level especially considering much of his competition were a lot older and more experienced. The Lawn Bowls State Carnival is held between the ten Regions that make up the NSW State. The first 2 days are a round robin competition. The North Coast team played very well in the first 2 days with 4 wins and 1 loss which qualified them to play-off for 1st and 2nd on the final day. In the finals The North Coast team were narrowly defeated by the Hunter Region team to finish 2nd at the Carnival. Congratulations to these three lawn bowlers.

As a result of his fine performance at the carnival Indiana Conlan was selected into the NSWCHS Lawn Bowls 1st team. Indiana will now compete at the NSW Lawn Bowls Exchange Program. This Lawn Bowls Carnival will be held at Port Macquarie for 8th to 10th September. At the Carnival Indiana as a member of the NSWCHS team will compete against teams from Bowls NSW and from NSW and QLD Academy of Sport sides. Congratulations and good luck Indiana!

Cross Country

Congratulations to Jonathon King of Year 7 for his outstanding results at the NSW All-Schools Cross Country Championships held at Eastern Creek Raceway on Friday the 17th of July.

As a result of his fine performance at this event, Jonathon has been selected in the NSW All-Schools team to compete at the 2015 Schools Sport Australia National Cross Country Championships.

The 2015 Australian Cross Country Championships will be held at the Moonee Valley Racecourse in Melbourne, Victoria from Friday 28th August to Monday 31st August. On Friday there is a team meeting and athletes walk the course then on Saturday the individual race is run. On Sunday athletes have a day off. On this day they will be going on a river cruise. On Monday Jonathon will be running in relay race or time trial. Jonathon has been training really hard and showing heaps of commitment to improve his running. Good luck, Jonathon!

Paul Francis / Sports Organiser

Old Lockers for Sale

Alstonville High School has some old lockers for sale. There are nine in stack (3 x 3) for $10 per stack or nearest offer. For more information contact the General Assistant Mr Fowlie at school.

After School HSC Preparation

For the remainder of this semester the Alstonville High School Mathematics faculty will be offering after school tutoring which will supplement in class revision. There will be a focus on exam techniques, which will include students working through past HSC papers (which can be accessed on the library computers). Support will be offered for all levels of Mathematics.

The study sessions will commence Week 4, Thursday 6th August from 4.00pm – 5.30pm. They will continue each Thursday and every second Tuesday (starting Week 6) for the remainder of the term.

Students are to meet in the library with all necessary equipment.

Any questions please direct to Aaron Perkins (Head Teacher Mathematics).
Another successful Kite Assessment Task for Year 9 Design and Technology

Yr11 Construction VET Work Placement
A big thanks to all the employers who treated our Construction boys to a great week of real world work immersion.


Craig Groves / Head Teacher TAS
## CAPA Week

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 18th Aug</td>
<td>5.00 - 6.30 pm</td>
<td>Senior Art Exhibition</td>
<td>Art Block</td>
</tr>
<tr>
<td></td>
<td>6.30 - 8.30 pm</td>
<td>Senior Music Concert</td>
<td>Drama Shed</td>
</tr>
<tr>
<td>Wed 19th Aug</td>
<td>6.30 - 8.30 pm</td>
<td>Senior Drama Performance</td>
<td>Drama Shed</td>
</tr>
<tr>
<td>Thurs 20th Aug</td>
<td>7.00 - 9.00 pm</td>
<td>Junior Art, Drama, Music &amp; Textiles (Fashion Show)</td>
<td>Hall</td>
</tr>
</tbody>
</table>

Food Available on the night

$2 Entry to all events
CHINESE VISIT 2015
P & C News

Our next meeting is on **Wednesday 26th August starting at 7pm**. (Meetings are generally concluded between 8pm – 8.30pm.

Our special guest at this meeting will be Mr Tim Danaher. He is the newly appointed local coordinator for the Gonski funding reforms.

**Email address:** If you have any matters that you wish to bring to our attention, and cannot attend the meetings - please send an email to:

alstonvillehs.pc@gmail.com

Look forward to meeting you.

*Andrew Philippzig-Mann*

*P & C President*

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**Year 12 Farewell BBQ - Friday 18th September**

**HELP NEEDED**

VOLUNTEERS are needed on Thursday 17th September from 2:30pm to help cut up fruit for the Year 12 Farewell Breakfast BBQ.

Help on Friday 18th from 7:00am would be welcome too.

Please contact Robynne Surtees on 6628 1797 in the Canteen if you can help.

**FLOWERS** are needed for Friday 18th September and can be left at the canteen the day before and on the day.

**Tickets for Year 12 breakfast** are $5 each and available from the front office.

**Tickets need to be purchased by Friday 11th September for catering purposes.**

Thank you for your support

Alstonville High School P&C

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**There’s So Much To Gain From A WEP Student Exchange!**

A WEP student exchange allows students to exchange their school, culture, family and possibly language for a selected time period in another country. It is far more rewarding than simply being a tourist, as students live like locals and acquire knowledge not available to the general traveller. It is a once-in-a-lifetime opportunity to travel and study at an overseas school with the support of a volunteer host family. Applications are closing soon, so jump on our website for current deadlines: [www.wep.org.au](http://www.wep.org.au).

When you go overseas on a WEP student exchange program, your family, back at home, has no obligation to host an exchange student in return. However, hosting an exchange student allows families to gain insight into another culture and way of living, without leaving the comfort of their own home. The personal rewards and friendships that come from hosting an international exchange student often endure for generations. For more information and to request an information pack, head to our website: [www.wep.org.au](http://www.wep.org.au)
ThemeParks.com.au
Our School Ticket Sale

Village Roadshow Theme Parks is offering our school community a limited time ticket offer. Simply visit ThemeParks.com.au/promocode and enter our promocode “CPC615” to gain access to these ticket offers.

Wardell Public School
FETE IS COMING

Saturday 12th SEPT 15
Donations for our Second Hand Stall are needed!

Looking for...
- Clothes - Ornaments - Vases - Toys
- Old jewellery - Kitchen/Glassware
- DVDs - Puzzles - Picture frames

Anything you have just lying around the house or sitting in a box collecting dust that IS NOT broken. We want it!
Collection starts NOW until Fri 4th Sept!

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

Time & Date: Wednesday 9th September 2015
3.30pm – 7.30pm

Location: Ballina Seagulls Rugby League Club - Kingsford Smith Park, Bentinck St

Book Online: www.licensing.nsw.gov.au
Ph: (02) 6688 5406
Frescall 1300 339 569

Youth transport for young people 12 – 24 in the Ballina Shire. We can get you where you want to go.

Yours Access

Call Kym on 0404 465 109 to book your trip
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:** Thursdays 3rd, 10th & 17th September (these are not separate seminars)

**TIME:** 10.30am to 1pm

**WHERE:** Northern Rivers Social Development Council, 16 Keen Street, East Lismore

**COST:** Free

**CONTACT:** Steve 0429 190 210 or Monica 0417 026 585

**BOOKINGS ESSENTIAL**

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**Sign On for Alstonville Junior Cricket Season 2015/16**

Cricket Season is almost here so sign up with your friends.

You can play in the following age groups, under 8s Milo In2CRICKET, under 10s BIG BASH and 12s, 14s, 16s.

**Sign on days**

Saturday 5th September 9am to 12 midday at Geoff Watt Oval.

Saturday 12th September 9am to 12 midday at Alstonville Plaza

For further information please contact Club President – Tony Yager

Phone 0417290380 or Club Secretary – Craig McNally phone 0429778923

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