Alstonville High School Newsletter

Developing future citizens and leaders of the community – life long learning!

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Issue 14

02 September 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
- Teamwork
- 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

Principals Report

End of Term Activities Year 12
It is hard to believe that we are nearly at the end of Term 3. Year 12 are completing their final three weeks of school, with many students realising that a major part of their life is about to end and a whole new era about to begin. Excitement is high among many students with all the activities of the last week. Different courses are being offered, a day at Dreamworld and the culmination is the breakfast and formal assembly on Friday 18th September. All Year 12 students must attend every timetabled lesson from now until the last Friday of Term 3.

Year 11 Final Assessment Period
Also with the end of Term 3 comes the final assessment period for the Year 11 Preliminary course. During Weeks 9 and 10, Year 11 will be completing their final written assessment examinations for the Preliminary course. With the start of Term 4 the HSC courses will begin for Year 11 with their first HSC assessment task occurring later in the term.

School Captains’ Speeches
Last Friday, 28th August, gave the opportunity for 13 students from Year 11 to state their case as to why they should become the school captain for 2015 - 2016. As principal of the school, I would be proud and confident to have any one of the 13 candidates as a school captain at Alstonville High School. Each candidate expressed themselves well and stood confident in front of the whole school assembly. Voting by the student body and staff will be occurring this week, with result of the ballot announced at the Year 12 formal assembly on Friday 18th September, the last day of Term 3. I wish all candidates the very best.

Farewell Mrs Bowles
Also at last week’s assembly it was with great sadness that we farewelled Mrs Colleen Bowles as she goes onto leave for retirement. I want to thank the many parents who have written me notes and sent emails, with their acknowledgement of the professional commitment that Mrs Bowles has made to Alstonville High School over many years. Many of you noted to me the extent of the work that Mrs Bowles has placed into the teaching of music and the individual and group tuition that has resulted in many fine performances. All comments have been highly complementary and indicate that great loss to the school. The process of replacing Mrs Bowles will not be easy, especially in considering the range of skills and talents that Mrs Bowles possesses. I ask for your patience and support as the school goes through this process.

CALENDAR OF EVENTS 2015

| 7th – 18th Sept | Mon - Fri | Year 11 Yearly Exams |
| 8th Sept | Tues | Year 7 Vaccinations |
| 10th Sept | Thurs | Ballina Cup Race Day / Half Day |
| 15th Sept | Tues | Year 12 RSA Course |
| 16th Sept | Wed | Year 12 RCG Course |
| 17th Sept | Thurs | Year 12 Dreamworld |
| 18th Sept | Fri | Year 12 Breakfast / Formal Assembly |
| 5th Oct | Mon | Last Day Term 3 |
| 6th Oct | Tues | Public Holiday |
| 26th Oct - 6th Nov | Mon – Fri | Year 7 – 10 Yearly Exams |
Above all the school and myself wish Mrs Bowles the very best in her leave and retirement.

Ballina Cup Race Day - Thursday 10th September –
1/2 Day Holiday from 12:00pm

An important note for every diary is that next Thursday 10th September is the Ballina Cup Race Day. As this day has been gazetted by Ballina Shire Council as a half day holiday, all public schools in the Ballina Shire will only be open for half a day. For Alstonville High School this means that the final lesson for the day will be at the end of Period 4 (12:00pm). At the end of Period 4 all students will be allowed to leave and have the rest of the day as the Ballina Shire Public Holiday. Buses will be running as normal in the morning to school but no buses will be operating at the end of Period 4. However school buses will run as normal from 3:30pm. The staff of Alstonville High School will be remaining at school and will be working on professional learning activities until after 6:00pm. Friday 11th September will be a normal timetabled day. I am asking that each parent arranges transport for their son or daughter on Thursday after 12:00pm.

Payment of School Fees

My final request is for each family of the school to check recent invoices to ensure that all elective subject fees have been paid. The payment of elective subject fees allows for all students to fully participate in the full range of the course in consumable materials. Please note that payments can be made by credit card by phoning the school on 6628 5222.

SASS Recognition Week

This week is also SASS recognition week. I thank all members of our SASS team who work with and support our students on a daily basis from the front office to the library to home science to science and agriculture to the whole school grounds and maintenance. An outstanding team who quietly allows our school to function at a very efficient level.

Once again this has been a very successful and varied term with the greatest majority of students performing in a wide range of areas including the academic, arts and sports. To all I congratulate and say thank you.

John Douglas / Principal

NSW State Junior Wind Band Representative

Year 7 student Tess Gilmour recently represented Alstonville High School, as a member of the NSW State Junior Wind Band. Tess plays the flute.

Tess spent the first week of August in Sydney, rehearsing with students from all over NSW.

The band performed in two concerts at the Sydney Opera House, as part of the Festival of Instrumental Music.

Congratulations Tess!

New Calves at Alstonville High School

Last Friday afternoon a female calf was born assisted by Mr Maginnity, Mr Holmes and Year 11 student Mel Chapman at Alstonville High School. The process was observed by a number of classes through to the calf successfully standing and following the mother.

Ben Holmes / Science Ag

Textiles and Design

Last Friday 28th August Year 10 and 11 Textile & Design students participated in a workshop run by S&S Wholesale Fabrics from Sydney. Students had the opportunity to experiment with various mediums to enhance a plain piece of fabric.
Keryn Akers / TAS

Year 11 Hospitality Industry Work Placement
During Week 3, students from Year 11 Hospitality went out on their first week of industry Work Placement. Once again we were lucky to have Jacqui Brenton from Connect, organize some excellent cafes and restaurants for the students to gain valuable skills and experience.

Students assisted with general kitchen duties, preparing food items and some service depending on the type of establishment. Alstonville High School received a number of very pleasing reviews from the various head chefs and restaurant managers regarding the students’ manners, punctuality and eagerness to help and learn while on work placement.

We congratulate the students on a job well done!

Rob Walker / TAS

Year 9 Bush Tucker Experience
Food Technology students participated in an informative and tasty food demonstration of native foods. Rebecca and Gus from Playing with Fire Native Foods demonstrated a variety of coastal and desert foods in a thoroughly entertaining cooking demonstration. Students will now have to create their own dishes utilising native foods for their final practical exam this semester.
Rob Walker / TAS

Careers News

- Novaskill Recruitment Drives for School Leaver Traineeships and Apprenticeships-Years 10-12 - occur every month or two at 58 Tamar St Ballina. To book a place - phone 66003000 or email frontdesk@novaskill.com.au
- Year 12 SCU Early Offer Star Entry online applications close on Wednesday 9th September. It is up to students to register before the closing date. Does NOT include Midwifery or Education Degrees.
- Griffith University Guaranteed Admission School Recommendation has changed for 2016 entry. Students need to first apply to UAC and only some courses are offered under this program at Gold Coast Campus ONLY - closes 19th September (this is the last day of Term 3.) Students MUST satisfy specific entry marks in subjects outlined for individual courses eg above 56% for English during Years 11/12 etc. Students not meeting criteria will be wasting a potential offer so check carefully.
- Other early entry universities have varied closing dates - so check websites closely.
- All students and parents – Remember to check out the online resource - www.alstonvillehighcareers.com
- Scholarships have varied closing dates so please read carefully.
- Local TAFE Options for 2016 outside school course enrolments will start to appear on the North Coast TAFE website over the next couple of months - so keep checking.
- TVET/ TAFE Courses 2016 - Applications need to reach the Careers Adviser by Friday 11th September 2015

K Horne / Careers Adviser

Snake Tails 2015

The “2015 Snake Tails” was enjoyed by all the students and staff who attended.

Bob Withey, owner and senior presenter with “Snake Tails”, is a hands-on herpetologist with over 25 years experience in breeding and displaying reptiles.

Bob is on a mission to demystify reptiles and increase our understanding of their behaviours and their place in the environment.

The students were educated and entertained.

At the end of the show students were able to hold the Olive python.

Dan White / Science

Up Close Magazines for Sale

We have copies of previous years Up Close Magazines for sale ranging from the years 2014 back to 2005. If you would like to purchase a magazine the cost will be $5.

For any enquires please contact Heather in the library.
Year 8 Boys ‘Riggers’ Camp 2015

As advertised earlier this year, the Boys ‘Riggers’ camp has been designed for a group of Year 8 boys who have displayed leadership abilities, potential and school spirit. The camp at Nymboida Canoe centre will take place in Week 7 Term 4 (November 18th – 20th).

Only those boys who nominated their willingness to participate in Term 1 were considered for the program. Selection was then based on their merit awards, RISC entries, school involvement and general character; staff and the Welfare Committee were able to formulate the successful candidates plus reserves.

Being the fourth boys’ leadership camp of its kind at Alstonville High, it was very pleasing to have a large number of nominations for the camp. Unfortunately, that has meant many of the boys who expressed an interest have missed out on this occasion. It is hoped that those boys can be involved in future leadership opportunities.

Congratulations to the following boys, who have been successful with their nominations:

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

The boys will receive information and permission notes for the camp at their first planning meeting early in Term 4.
We are really looking forward to the camp and to working with such a motivated group of future leaders.

Mr Larrescy and Mr Thomas
(Boys Adviser) (Year 8 Adviser)
9 ENG 1 Class Writing Competition

9ENG1 has recently studied the novel ‘The Curious Incident of the Dog in the Night-Time’, as well as other texts. Our focus for this unit was ‘Unique Voices’. The protagonist of the novel is Christopher Boone, a 15-year-old boy who has autism. During our studies, our class expanded our understanding of Autism Spectrum Disorder and Asperger’s Syndrome. Students were asked to write a creative piece from the perspective of someone with issues like Christopher’s.

9ENG1 produced an amazing array of written pieces for autism awareness. Four finalists were selected – it was very hard to decide! The finalists included: Clare Johns, Eli McLean, Mobina Rowhani and Lucy Turner.

Because of the length of various student pieces, they could not all be included within this newsletter.

Class teacher – Kelsey Knee

‘Aegis’

It is night time, and I am with my mother. She is sitting in my seat. We are in the bus.

The streets flashing by are very dark, but the fluorescent lights above us make it look like it is still day time, reflecting their glow off the windows. I have heard my mother describe the lights as cold before, but I don’t think that you can say that lights have a temperature. I think that they would actually be quite hot if you touched them.

The bus is mostly empty, excluding me, my mother, and two teenagers who are kissing on the back seat.

People have always been a bit confusing to me. I can understand when someone is happy or sad or angry because they are the most common emotions, but when people are feeling something other than those three emotions I have to get them to tell me what they are feeling. A lot of people get very angry when I ask what they are feeling.

My mother is very quiet. I turn my head to look at her and realise that she is asleep, clutching her stained white handbag. She looks tired even in her sleep. Her face is scrunched up, and her knuckles are white, gripping the thick strap of her bag.

I rest my chin on my hand and look at my watch. The bus trip is only meant to last fifteen more minutes, but we are waiting in traffic for longer than yesterday so we might be home a bit later, so I might miss out on watching the seven-thirty news and we will have to have dinner later.

The thought makes me feel a bit uncomfortable.

The bus stops suddenly, and I hit my head on the seat in front of me. The contents of my mother’s bag slide out and clatter to the linoleum floor of the bus – her phone, two silver slips of painkillers, a pair of scratched sunglasses, my identification card.

I take a shaky breath and stand up, clenching my fists and counting to twenty very slowly. My head throbs where I hit it.

It feels as though the air is closing in all around me, like I am being suffocated by invisible gas. The bus is thrumming underneath my feet, but it doesn’t start moving. I take five deep breaths like I have been taught to, but it doesn’t work and I feel as though I am going to vomit.

The bus door creaks open and a man gets onto the bus, swaying side to side.

The bus driver asks him to pay for his ticket and he tosses him a handful of small coins and two silver buttons and then gives him the middle finger when he asks for more money. The bus driver shakes his head and turns back to the road.

The man is walking towards us. His face is twisted so that his upper lip is raised towards his nose and I think that this is called sneering but I’m not sure. He stinks of alcohol and body odour and I grab Mother’s hand and hold on very tightly. My fingernails have left little crescent moons in the palm of her hand, and she is beginning to wake up.

The man has reached our seat and Mother glances up at him. He frowns at us and bends down to pick up the things that have fallen out of Mother’s handbag.

He shuffles around, scratching the sunglasses on the floor and kicking Mother’s phone under her seat, but he tries to pick them up until he sees my identification card.
The other items clatter to the floor again. The man turns my identification card around and reads it for a few seconds and then looks down at me with an expression that is a bit like anger on his face. I think this is called disgust.

“Autism?” he slurs.

I clench my hands into fists again and shut my eyes and try to ignore him. I can feel Mother standing up and beginning to speak.

“I bet you’re faking it,” the man hiccups.

My mother’s eyes widen and she frowns, her lips squashing into a thin line.

“Please go away,” she says, anger in her voice.

The man is looking at me with glassy eyes. He laughs like a child, and his voice is thick with the effect of the alcohol.

“Ugly girls like you make these things up … hiccups … to get attention.”

I can hear a roaring noise in my ears and my knuckles turn white from clutching Mother’s arm and the man spits at our feet and then I cannot feel anything anymore and my fist is in his face.

Mother gasps and the man stumble backwards. There is a fuzzy cloud over everything that I can see and I sink into the blue fabric seat. My shoulders slump forward.

The bus slams to a stop again and the man is clutching his bleeding nose. My vision is clearing but I can still hear buzzing in my ears. The bus driver is asking Mother and me to get off the bus. I can feel Mother’s hand on my arm.

“I hope you’re proud of your freak of a daughter!” the man shouts as we are stepping off the bus.

The ground rumbles as it rolls away.

Mother looks so very sad and angry that I start to feel sad too.

“Isabel, I’m so sorry. I’m so, so sorry, darling. If I’d known that was going to happen I would never have caught the bus with you.”

She looks as though she wants to touch me, but she knows I don’t like that. She stands still on the wet grass, hands hanging at her sides.

And the roaring is gone from my ears, but it has been replaced by a different feeling, like someone has put a weight on my chest. And I am very angry at the man with the glassy gaze and bloody nose.

I hold my arms out and I look up at the stars and their seemingly never-ending emptiness. I spin around and around in a circle, faster and faster until I cannot feel anything anymore.

By Lucy Turner, 9ENG1

Alstonville High School has a wide range of facilities available for hire

School Hall  Drama Rehearsal Area  Sporting Fields
Common Rooms  Computer labs  Photography dark rooms
Outdoor Learning Areas  6 bay kitchens

Various classroom spaces available suitable for seating up to 60 people

For further information regarding hire, pricing and availability,

Wendy Tolland at the school on (02) 6628 5222
CAPA Week
(Creative and Performing Arts)

Week 6 saw three fabulous nights of Art, Music, Drama and performances. The events were well attended with audiences being thrilled and inspired by the quality of student talents displayed.

Alstonville High School is full of creativity...whether it be musical, dramatic or artistic. Thank you to all parents and community members for supporting your students. If you didn’t catch it this year, put it on your calendar as a must see for 2016.

Congratulations to all students who participated in CAPA Week. You continue to make us proud.

CAPA Staff
You are invited to the Southern Cross University

Year 12 Parents’ Information Evening

You are invited to a free information evening where you can gain helpful insights into the journey from high school to university. There will be plenty of time to ask questions and seek the information to make the transition a smooth as possible for both you and your child.

Date: Thursday 17th September, 2015  Time: 5.30pm - 7pm

Venue: SCU Learning Centre, Goodman Plaza, Military Road, East Lismore

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Date: Thursday 17th September, 2015  Time: 5.30pm - 7pm

Venue: SCU Learning Centre, Goodman Plaza, Military Road, East Lismore

SCU Lismore campus on a map.

Information on the following topics will be covered on the night:

- University entry – STAR, ATAR, SCU Head-Start, SCU Access
- Entry requirements for Education degrees
- Making the best choice – which is the right SCU course?
- Costs – Fees / HECS- help and Commonwealth supported places / textbooks / accommodation
- Scholarships, part-time employment
- Continued family and SCU support - counselling, career services, Academic Skills
- A students’ perspective – hear from a range of current SCU students
- Information stands
- Optional tour of the new Learning Centre

As we will provide refreshments and have limited seats available, please register your interest by Tuesday 15, September, 2015 advising the number of guests attending.

Please RSVP to Jenny Lyons via email jenni.lyons@scu.edu.au or call 02 6620 3183.

We look forward to seeing you there!

Nicole Darth /Student Recruitment Officer 02 6620 3102

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School Hall  Drama Rehearsal Area  Sporting Fields
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Call Wendy Tolland at the school on (02) 6628 5222
P&C News

Special thanks to those who attended our last meeting. I know it ran later than normal and your patience was appreciated.

Thanks also to our guest, Mr Tim Danaher (the newly appointed local coordinator for the Gonski funding reforms) for his time and presentation.

Our next meeting is on **Wednesday 28th October starting at 7pm**. There is no meeting for the month of September due to the school holidays. Meetings are generally concluded between 8pm – 8.30pm.

**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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**VOLUNTEERS NEEDED FOR**

**Year 12 Farewell Breakfast BBQ**

Thursday 17th September from 2:30pm and Friday 18th September from 7am.

If you can help, please leave your details with Robynne in the Canteen on 66281797.

**FLOWERS** are needed for **Friday 18th September**

They can be left at the canteen the day before and on the day.

**Tickets** for Year 12 BBQ will be **$5 each** and available from the front office.

Tickets **only** available until Friday 11th for catering purposes

*Thanks for your support.*
COME CELEBRATE WITH US!

Celebrating 150 Years
It’s Alstonville’s 150th Anniversary!
On Saturday
September 12th
from 12noon to 9.30pm
Street Parade, Showground events and Fireworks
A great family day out so come help us celebrate... 150 years of Alstonville

Alstonville Religious Education Association

TRIVIA NIGHT
Saturday 10th October
6:30pm for 7pm start
at the Alstonville Baptist Fellowship

Tickets - $15 each
Tables will be made up of 8 people

Join us for a night of trivia, laughter and fun with quizmaster Dr Paul Earner.

Book your table now at Alstonville Anglican Church, Alstonville Uniting Church, Alstonville Baptist Fellowship and Crossroads Presbyterian Church Wollongbar.

All funds raised go to support Bruce Fleming’s work at Alstonville High School.

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 "CPG615" to gain access to these ticket offers.

*Info & conditions apply, offer valid for a limited time.

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!
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**BALLINA JUNIOR TOUCH 2015-16 Season Sign-on**

Online registration - NOW until 25th September 2015.

Information available on the Ballina Touch Association Face Book page and Juniors website or contact ballinatouch1@gmail.com

**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

**Alstonville Swimming Club sign on**

*Come swim with the friendliest club on the North Coast!*

The Alstonville Swimming Club’s new season commences on Monday, 31st August and the club will be holding a sign on for new swimmers from 9.30am-10.30am at the Alstonville swimming pool on **Saturday 5th September** and again on **Saturday 12th September**.

Swimming with the Alstonville club is for all swimmers of all standards, catering from the very young through to the serious, competitive swimmer. Last year, our swimmers enjoyed some terrific results with around a third making it through to representative school level swimming and selection in development squads.

We have a highly experienced team of coaches so come along and join a fast growing, fun sport.

For further details, contact Michael Thompson, President, on 0428 659 237 or michaelt2477@gmail.com

**Lake Ainsworth Sport and Recreation Centre** have a number of Holiday Programs for children aged 7-15 these school holidays.

Programs include a Residential Camp, Kids Club, Sailing, Surfing and Laser Skirmish.

For further information please visit our website www.sportandrecreation.nsw.gov.au or contact 13 13 02.
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Alstonville Junior Waterpolo Club
Come and Try Night
Date: Friday 9th October
Time: 6pm
Alstonville Pool
Ages from 8yrs to 18yrs
Competition starts 16th day October 2015-09
Any enquires please contact
Lachlan Bransgrove
0431 275 874

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting www.studentexchange.org.au.

If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email, call our office on 1300 135 331 or visit our website. Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

Please note that the purpose of this email is to find families to host international exchange students. Thank you in advance for your assistance.

Yours sincerely,
Sandra Harders
Hosting Coordinator
Student Exchange Australia New Zealand Ltd

PO Box 1420, Mona Vale NSW 1660 Australia
T: (02) 9997 0700 F: (02) 9997 0701
W: www.studentexchange.org.au

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