Alstonville High School Newsletter

Values

We value and support:
- A positive, healthy and safe learning environment
- Respectful attitudes and actions
- Diversity
- Pursuit of personal excellence
- Service to community
- Team work
- 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

Once again I wish to thank all parents for your support in the successful start to this year. The comments have been positive from all students over the change in period length from 40 minutes to 60 minutes and in the change to break times and length. Of course I do realise that I may not get 100% satisfaction but the indications to this point are very positive. Always the number one purpose for the change is to focus on learning and the time on task.

School Activities

The school year has definitely started with many activities commencing and planned. The annual Swimming Carnival was a great success with a pleasing attendance and more importantly, participation. I thank all staff, but especially the PD/H/PE faculty, for the organisation of the day. My thanks also go to the staff of the Alstonville Pool for their continued support on the day. Teams are now in training for the upcoming Water Polo trials and knockouts; I know that the school community join with me in wishing these teams every success. A number of curriculum based excursions have happened with all students gaining from the experience.

Alstonville High School

Our community values integrity in all aspects of life

Year 5 – 6 Information Evening
Tuesday 23rd February 5:00pm – 6:00pm

For students and families who wish to enrol in Year 7 in 2017 or 2018
- General information regarding different aspects of high school
- Displays of student work in each Key Learning Area
- Student performances
- Senior students working on projects

Light refreshments will be available
Enquiries phone 6628 5222

CALENDAR OF EVENTS 2016

8th – 19th Mon - 19th Fri
Feb
VET Work Placement Year 12
23rd Feb Tues
Information Evening for Year 5 and 6
24th Feb Wed
Year 12 TAFE /University Visit to AHS Period 5 – Parents Welcome
25th Feb Thurs
Zone Swimming Carnival
26th Feb Fri
Year 7 Vaccinations
29th Feb Mon
School Photos Catch-up Day
3rd Mar Thurs
Year 7 Peer Support – Mt Tamborine
8th Mar Tues
North Coast Swimming Carnival
11th Mar Fri
School Photos Catch-up Day
15th Mar Tues
Year 7 – 12 Parent Teacher Interviews
High Performance Program
The High Performance Program in Year 7 is going very well; beyond expectation. Each student appears to be very happy with their program and achievements. In talking with Year 7 teachers, all are commenting that the group as a whole have settled in well and are completing all set tasks. The Year 7 Welcome BBQ was held last night with a great attendance of parents and students. This evening allowed for the parents of Year 7 to talk informally with staff members.

Sentral Parent Portal
The parent portal for Sentral has been opened for all parents to have access to their child’s information. I thank all parents who have logged on and have accessed the information available. If any parent did not receive a letter or has misplaced the information please send an email to leone.chapman@det.nsw.edu.au and the necessary information will be emailed to you.

Parent Teacher evening for all year groups is Tuesday 15th March from 4:00pm to 7:00pm. Bookings are now open and can be made through the parent portal.

As we as a school become more fluent in the use of this electronic medium, then more information will be able to be accessed. Paper information will still be sent out, but this access to Sentral provides the school calendar, your child’s attendance, academic reports, daily notices and assessment dates and details. Your feedback on the parent portal would be highly appreciated.

New Primary Industries Area
The new Primary Industries Area will be handed over to the school by the end of next week (Week 5). From what we have, to what we will have, is a total contrast, with an excellent resource being built. At the P&C meeting next Wednesday evening (24th February) a tour of the school and the new facilities will start at 6:00pm. All are welcome to attend.

School Bomb Threats
It is disappointing that since the start of this school year a number of schools throughout the state have received bomb threats. These are always taken seriously. It needs to be made very clear that in an evacuation or lockdown procedure the police and emergency services take control of the school site. Students and staff have practised both evacuation and lockdown procedures, so that all students and staff can be accounted for in the process. It is most important that parents do not enter the site and try to remove their child from the school; this will only hinder or impede the movement of emergency services and the possible safety of students and staff. It will always be a priority to keep everyone well informed and to have safety of all as priority number one.

School Parking
A number of senior students have taken my advice and are parking legally in Coral Street. If it can be arranged I am asking that if you need to pick up your son or daughter from school then please arrange for it to happen in Coral Street and not out the front of the school in Cawley Close.

John Douglas
Principal

Alstonville High School Annual Swimming Carnival 2016

On Wednesday 3rd February, Alstonville High’s Swimming Carnival was conducted. The weather was kind with no rain and good cloud cover for most of the day, making conditions great. The standard of competition throughout the day was excellent with many students recording huge improvements since last year’s carnival. Congratulations to all the House Captains who organised their novelty and relay teams. The spirit and participation shown throughout the day is a credit to the whole school community.

The fastest two competitors in each event have qualified for the Zone Carnival. The fastest 4 competitors in the 50m freestyle have qualified for the 50m Freestyle and the 4x50m age relay team. The Northern Rivers Zone Swimming Carnival will be held at Lismore on Friday 26th February. The North Coast Swimming Carnival is to be held at Kempsey on Tuesday 8th March and the NSWCHS State Swimming Carnival is on at the Sydney Olympic Park Aquatic Centre in Homebush from the 3rd to 5th April, 2016.

Age Swimming Champions 2016

<table>
<thead>
<tr>
<th>Age</th>
<th>Champion Girl</th>
<th>Poin ts</th>
<th>Age</th>
<th>Champion Boy</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs</td>
<td>Taneisha Duroux yr7</td>
<td>22</td>
<td>12yrs</td>
<td>Oscar Maron yr7</td>
<td>28</td>
</tr>
<tr>
<td>13yrs</td>
<td>Eva Jones yr7</td>
<td>36</td>
<td>13yrs</td>
<td>Aaron Leslie yr7</td>
<td>36</td>
</tr>
<tr>
<td>14yrs</td>
<td>Emma Bransgrove yr8</td>
<td>32</td>
<td>14yrs</td>
<td>Max Mulcahy yr8</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td>Chiara Wenban yr8</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
15yrs | Alyssa Iles yr10 | 40 | 15yrs | Monty Greenslade yr10 | 26
---|---|---|---|---|---
16yrs | Sarah Bransgrove yr10 | 38 | 16yrs | James Leslie yr10 | 30
17+yrs | Jade Cusack yr12 | 40 | 17+yrs | Daniel Sawyer yr11 | 40

New Swimming Records 2016
15yrs Girls 50m Breaststroke NR. 38.33 Alyssa Iles _OR_. (Heather Batten 39.82, 1992)
15yrs Girls 50m Backstroke NR. 35.63 Alyssa Iles _OR_. (Elke Jacobsen 36.13, 2005)

House Pointscore 2016
1st | Marshall (Blue) | 577 pts
2nd | Crawford (Red) | 564pts
3rd | Maguire (Yellow) | 441pts
4th | Lumley (Green) | 418pts

Competing in the Correct Age in School Sport
In all school sport competitions, all age groups are determined by an athlete’s age at the 31st December in the year of competition. In way of explanation, the following table demonstrates ages for competitions in 2016.

<table>
<thead>
<tr>
<th>Age Group in 2016</th>
<th>Year of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>2004</td>
</tr>
<tr>
<td>13 Years</td>
<td>2003</td>
</tr>
<tr>
<td>14 Years</td>
<td>2002</td>
</tr>
<tr>
<td>15 Years</td>
<td>2001</td>
</tr>
<tr>
<td>16 Years</td>
<td>2000</td>
</tr>
<tr>
<td>17 Years</td>
<td>1999</td>
</tr>
<tr>
<td>18 Years</td>
<td>1998</td>
</tr>
</tbody>
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NSW All-Schools Cross Country 2015
The 2015 Alstonville High School 13 years Girls Cross Country team received their belated Silver Medals awarded from the NSW All-Schools Cross Country Championships, held on the 17th of July, 2015 at Eastern Creek Raceway. Alstonville High had three school teams competing; the strongest team was the 13 Years Girls Cross Country team with members: Aolani Ware yr8, Chiara Wenban yr8, Mikayla Hofmeyer yr9, and Hayley Creed yr9. The results for the NSW Cross Country Championships are calculated by adding each team’s fastest 3 runners’ times together and comparing all the schools’ results to determine which school teams finish in the highest positions. Our Alstonville 13 Years Girls team were narrowly beaten by the winning school NBSC Mackellar Girls Campus. We are very proud of this outstanding result; the girls ran very well and are highly deserving of their success. The girls were happy to be receiving their medals even if it was almost 6 months after the race.

Volleyball
On Tuesday 11th February, PDHPE Teacher Jack Larrescy and our Open Girls and Boys Volleyball teams travelled to Evans Head K-12 School for the Northern Rivers Volleyball Gala Day and Zone Trials. The girls team won all their games to progress in the 2016 NSWCHS State Knockout. The boys team were narrowly defeated 2 sets to 1 in their first game to be knocked out. As an added bonus 4 of our students were selected into Northern Rivers Zone Volleyball teams. Congratulations to Sarah Bransgrove yr10, Molly Hughes yr11 and Charlotte Yager yr10 for their selection into the girls team and Anthony Wright yr12 for his selection into the boys team. Students selected into the Northern Rivers Zone Volleyball teams will now travel to the Cavanbah Centre at Byron Bay on Tuesday 23rd February to compete at the North Coast Regional Volleyball Trials. Other students that competed on the day were:

Girls
<table>
<thead>
<tr>
<th>Jade Cusack yr12</th>
<th>Jamie-Lee Dancer yr12</th>
<th>Leilani Rohweder yr10</th>
<th>Tarni Fay yr10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olivia Kerry yr10</td>
<td>Ruby Riordan yr10</td>
<td></td>
<td></td>
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</tbody>
</table>

Boys
<table>
<thead>
<tr>
<th>Josh Galbraith yr12</th>
<th>Nic Alcorn yr12</th>
<th>Mitchell Brown yr12</th>
<th>Ben Whitehead yr12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nelson Binney yr12</td>
<td>Lewis McNally yr11</td>
<td>Zac Maxwell yr11</td>
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Surf Life Saving
Recently two Alstonville High School Students competed at the NSW Country Surf Life Saving Championships, held at South West Rock Surf Life Saving Club on the 6th and 7th February. The Country Championships are for Surf Life Savers outside the Newcastle to Illawarra corridor and included around 1500 competitors.

Mahli Borham and Gabby Stanek, both of Year 11 compete for the Ballina Lighthouse and Lismore Surf Life Saving Club. Both girls have a current Surf Bronze and are active patrolling members, a prerequisite to compete at these championships. The girls competed in the U17’s age group, with both excelling in the beach events. Mahli Borham had a fantastic weekend winning gold in Open Beach Sprint, U17’s Beach Sprint, Open Beach Sprint Relay and bronze in the U17’s Flags.
Gabby Stanek won gold in the U17’s Beach Sprint and Open Beach Sprint Relay.

The next major competition for the girls is the NSW State Surf Life Saving Championships to be held at Umina Beach on the Central Coast from the 11th to 13th March. They will then compete at the Aussie Surf Life Saving Championships to be held on Queensland’s Sunshine Coast in April. Good luck!

*Paul Francis / Sports Organiser*

**Wanted Unused Toys**

Visual Arts are creating sculptures from unused toys. If you have any toys that you no longer need, please consider donating them to the Art Department. It doesn't matter how old or broken, we can use them. Send them to school with your child and have them deliver it to Visual Arts staff room. Thanks for your support.

*Stephanie O’Brien / Relieving Head Teacher Visual Arts*

**Engineers Without Borders**

A team of engineering graduates from UQ visited our school on Thursday the 11th of February to encourage interested senior students to pursue a career in engineering. The one hour lesson included a hands on activity relevant to a science topic in the syllabus. It was a fun filled and interesting day for our seniors. Some of the activities involved bridge building, making a prosthetic limb and water filtration technique.

The EWB members also took the opportunity to advertise the free SPARK ENGINEERING CAMP being run in Brisbane from the 2nd to 7th of July. Interested candidates are requested to see Mrs John in Science for further information.

*Anna John / Science*

**Update on New Primary Industries Area**

Yr12 Construction Workplacement 2016

We would like to thank the following employers: Alstonville Kitchens, Scotcher Homes, Paul Copeland Building, NJ Constructions, Andrew Brown Landscaping, Toban Betts Building.

*Jarrod Parker*

Andrew Hume

*Craig Groves / Construction*
Careers News

1. REMINDER to Year 12 & Parents-University and TAFE Presenters will be from: SCU, UNE, Griffith, USQ, Bond and North Coast TAFE. They will visit Alstonville High School on Thursday 25th February during Period 5 – 2:20pm - 3:20pm in the school hall. It is expected classes will be cancelled and ALL year 12 will attend. Parents are also welcome to come along and gather information. Notes with more details have been handed to Year 12.

Careers Adviser email: karen.horne@det.nsw.edu.au

2) TAFE / TVET Years 10-12

A reminder that students need to return the TAFE permission notes signed by student and parent/carer to Ms Horne by 26th February. This handout/permission note outlines information on attendance, clothing, exams, transport and overall responsibilities of all TAFE students. Spare notes can be requested by emailing me.

3) Work Experience Year 9

Updates and general information will be given to all Year 9 students regarding school Work Experience during Religion classes in the second half of Term 1. Please be patient so I can also get paperwork and forms ready. Years 10-12 can still do Work Experience for a week during school Terms as long as it is not during exam or assessment times. NOTE- The Department of Education WILL NOT cover insurance for Work Experience during school holidays.

Karen Horne / Careers Adviser

NSW School Vaccination Program 2016

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to 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)

* 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:

- 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:


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.
Alstonville High School Swimming Carnival 2016
Sydney OnSTAGE Excursion 2016

Last week myself and eight Year 12 drama students travelled to Sydney to view the OnStage performances. OnStage is a selection of outstanding HSC Drama group devised projects (G.Ps) and individual projects (I.Ps) from across NSW. This provides students with the opportunity to fully understand what exemplary work looks, sounds and feels like. The work is often inspiring and helps students to imagine their own work in terms of the elements of the standards set out by the Board of Studies (BOSTES).

At Belvoir Theatre students attended a group devised drama workshop which was a rich experience; then viewed archival footage of two performances of the texts studied in Term 1.

Friday evening we strolled harbour-side to the Australian Theatre for Young People (ATYP) and watched exciting new work by young writers and performers. We completed our cultural trip with a visit to the NSW Gallery of Art. We had a fantastic time, offset by exemplary behaviour, smooth proceedings, lovely weather, good coffee and a wonderful bunch of kids!

Many thanks for supporting this event.

Ms Davenport / Drama Teacher
**P&C / CANTEEN NEWS**

The P&C would like to welcome all new and existing families back to school for 2016.

The first meeting of the Alstonville High School P&C committee for 2016 is on

**Wednesday 24th February**

**Tour of the School Grounds: 6:00 – 7:00pm**

**P&C Meeting: 7:00 – 8:00pm in the ‘L’ block staff room above the library**

As an introduction to the year for both new and existing families, our school Principal Mr John Douglas, will be taking us on a guided tour of the school grounds to see the progress of new and recent developments.

If interested please meet outside the school office at 6:00pm. The meeting will commence at 7:00pm after the tour.

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**VOLUNTEERS NEEDED**

Volunteers are needed in the canteen. We can never have too many volunteers. Mondays, Tuesdays and Thursdays are the days of greatest need.

So if you have a spare day once a month please help us out.

Great fun, an opportunity to meet new people, free coffee and lunch.

Please phone Robynne on 6628 1797 or 0410 685 if you are available to help.
**Lismore Girl Guides**

Would you like to get involved in your community and help girls develop skills for life? Lismore Guide District is looking for women 18 years and over interested in leadership. You will be supported in becoming a Leader of Guides: training, mentoring, resources and friendship. Challenge yourself as you enable girls and young women grow into confident, self-respecting, responsible community members.

Call Jacki on 0427728269 or email: jackiscutt@bigpond.com

Or to find out more about Guides visit our website: [www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)

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**Young Writers Group**

Do you love to write?

Need help with your writing for school projects, or just want to learn new skills?

Join local author Jesse Blackadder for an expedition into the writing world.

**Thursday 3 March**
Lismore Library meeting room (ground floor)
5.00pm - 6.30pm
For high school aged participants.
Light refreshments will be provided - please book your place.
Free!

For bookings talk to the staff at the library or phone us on 6621 2464.

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**Alstonville Hockey Club 2016**

Family friendly. Everyone welcome!
Minkeys, juniors, women & men
All ages and skill levels welcome!
All training and most games on Goonellabah turf

U15 players needed for 2016

**FAMILY FUN AFTERNOON**
**SUNDAY 13th MARCH 3PM**
**GAP Road Hockey Fields Alstonville**

Come along for games, meet new people and BBQ
RSVP at numbers below.

Enquiries:
Glen Hunter, President 0402 674 525
Maria Morton, Secretary 0476 267 949
alstonvillehockeyclub@hotmail.com

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**MAKING MEN**

**Father & Son Camp**

BRINGING OUT THE BEST IN TEENAGE BOYS

- Celebrate your son becoming a young man and help him create a healthy vision for the future.
- Create networks that will support him in tough times.
- Give him the opportunity to think about what sort of man he wants to be and what childish behaviours he needs to let go of.

Date: 6-10 April 2016
Location: Byron Bay Hinterland, NSW
For more information:
Visit our Website: [www.doctorarme.com](http://www.doctorarme.com)
or Email: info@doctorarme.com