WEAKLY SPORT

We had a great start to sport this term with lots of variety in sports both at school and in town venues and excellent student behaviour. More students than ever have opted to go to out of school sports which necessitates some reminders.

Students, Parents and caregivers please note:
- We have an upfront payment system for sport meaning out of school sports must be payed for before students are permitted to attend. If your child has chosen a paying sport they will not be allowed to participate until payment is made. A reminder that free sports are always offered.

- In addition to payment it is a legal requirement that we have parent permission for students to participate in sport. All notes need to be returned to the front office.

- With over 700 students taking part in sport it is not possible to change students unless absolutely necessary. For instance due to payment issues or injuries.

- Students must attend the sport they have chosen each week. Failure to do so will result in an official truancy warning.

- Weekly sport is a Department of Education requirement for all students in Years 7-10. Full participation by all students each week is expected by all teachers. Ongoing injuries and illnesses must be discussed with the sports organiser and supported by a medical certificate.

- If students have week to week participation concerns they need to bring a signed note to the sports organiser before sport. These students will be asked to perform small duties such as scorekeeping, timekeeping or umpiring in order to assist in the running of sport and discourage non participation.

Finally just a reminder that many sports require specific safety equipment such as skateboarding (helmet, protective gear, long pants), and all students need to remember these requirements which enable us to meet the guidelines for sport and physical activity which can be accessed at http://www.sports.det.nsw.edu.au/spguide/activities/index.php

We appreciate your support of this valuable school program which provides all students with the opportunity to take part in sport and physical activity on a weekly basis.

Thanks,
Miss Thomson

Richmond River Community Spirit

Laquicia Woolbank is a perfect example of the student commitment and the community spirit we value at Richmond River High School. Laquicia is in Year 8 and gives up her Saturday mornings to work as a volunteer at the Ballina and Districts Riding for the Disabled. Laquicia says she loves spending time with horses and has been riding since she was 6 years old. She hopes to get her coaching certificate to teach others and also likes helping people, so volunteering at RDA was a perfect way for Laquicia to do all three.

Richmond River High School has a highly active student volunteering program with numerous students volunteering at Meals on Wheels, Lismore Blood Bank, Lismore Public Support Class, Lismore Show Society, Peer Support and the Global Citizenship group. It is well documented that people feel better about themselves when they help others. Students interested in volunteering should see Mrs Atherton or Ms Savins.

Pictured: Laquicia Woolbank, leading ‘Banjo’ with rider Ruby Sharp
**School Vaccinations**  
**Year 7 – 28th February 2013, Year 9 – 1st March 2013**

In 2013 the North Coast Public Health Unit will again be offering a vaccination service at our school.

Boys in NSW high schools will be offered human papillomavirus (HPV) vaccination from 2013 to provide protection against developing infections that can lead to cancer.

In 2013, the 3-dose course of vaccine will be offered for the first time to:
- Year 7 boys as part of the routine school-based vaccination program
- Year 9 boys as part of the nation ‘catch up’ program in 2013 and 2014 only.

The vaccine is highly effective in preventing the main types of HPV infection and is most effective when it is given to people before they are exposed to the virus. As well as protecting males from HPV infections, immunising young men will also help protect women from infection.

The vaccine is registered for use from 10 years of age and is only provided free for all students who commence the course in Year 7 and boys only in Year 9.

The schedule for this year is as follows:

**Year 7 – all students**
- HPV vaccine – 3 doses
- Hepatitis B – 2 doses
- Chickenpox vaccine – 1 dose
- Boostrix – Diphtheria, tetanus and whooping cough vaccination – 1 dose

**Year 9 – boys only**
- HPV vaccine – 3 doses

A Parent Information Kit has been provided for each vaccine offered. This kit contains information about the vaccine and the disease that it protects against as well as a consent form.

A record of vaccination will be kept by the Public Health Unit and a copy will be provided to the vaccinated student for their records.

Please understand that if your child’s vaccinations are not commenced in Year 7 or Year 9 (boys HPV only), you can access this vaccine through your local doctor but the vaccine will not be free of charge.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the School Principal. Parents with any questions or concerns can ring Bernadette at the Public Health Unit on 66 207503.

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**Year 8 Beach Trek**

Notes have gone out to all Year 8 students regarding the Year 8 Grand Beach Trek between Byron Bay and Lennox Head from the 20th to the 22nd of March this year. The cost is now $45 payable to the front office with the completed permission notes before 25th of February.

*Ms Thomson, Year Adviser*

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Dean Gillespie has been selected in the North Coast Regional Baseball team. Congratulations Dean and good luck.

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**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:** Monday 4 March 5:30pm – 7:30pm
- **VENUE:** Lismore Heights Bowling Club

Helping learner drivers become safe drivers
From the Principal
As I write this we are battening down the hatches for another day of wild weather. I hope you are all safe and dry and remain so over the weekend. This is only the second time I can recall since coming to the North Coast that the State Emergency Services have made the call to close the school prior to a major weather event. I appreciate the work of the SES and agree wholeheartedly that it is better to have students safe at home than the uncertainty that reigned when we need to evacuate the school under vile weather conditions. Just a quick thankyou to all the students and their parents/caregivers I have met who have gone out of their way to make me feel welcome, I really appreciate it.

Mary-Jane Pell,
Relieving Principal

From the Deputies
Positive Behaviour for Learning
One of the many exciting things happening at Richmond River High School this year is our revitalised teaching of positive behaviour for our students. This is primarily being done through our Daily Year meetings for Years 7 to 10, where we are already experiencing considerable success in terms of student engagement, reflected most visibly in the vast majority of our students choosing to wear their full school uniform with pride.

Our ‘Positive Behaviour for Learning (PBL) model is based on the blending of our traditional values of being Respectful, Responsible, Honest & Safe with the concept of a journey which student begin on entering our school in Year 7, and concludes, in most cases, on their departure as young adults, at various stages leading up to the conclusion of the HSC. Our students will become familiar with four ‘guiding stars’ representing our traditional four values (see above), along with two ‘pointer stars’ representing their capacity to be ‘mindful’ and ‘grateful’.

Together, these six iconic stars will represent the expectations our school’s staff, students and broader community of what it means to be a Richmond River High School student. This can be summarised as follows:

- Mindful - students can make good choices, develop good relationships & reflect on their behaviour.
- Grateful - Students are grateful for their learning environment and the support it provides. They are grateful for the cultural, academic and sporting opportunities they experience.
- Respectful - Students respect themselves (through their appearance & conduct), fellow students & staff. They have a genuine respect for their school, community and global environments.
- Responsible - Students consider the impact of their actions on others and the world around them. They fulfil their obligations and accept consequences.
- Honest - Students are fair, sincere and truthful in their daily interactions. They allow others, therefore, to extend trust to them.
- Safe - Students think about their behaviour and its impact on their environment. Students value sensible and responsible behaviour.

The above concepts are unique to the Richmond River High School community in that they draw on our traditional and well established positive behaviour expectations (i.e. Respectful, Responsible, Honest and Safe), while also incorporating values put forward by our students (i.e. Mindful and Grateful). Accordingly, we will continue to allow students the opportunity to clearly establish what each of these values mean in their daily actions. Equally, and in support of the ongoing student input, staff will continue to link the positive behaviours expected of all students with policies and practices staff will put in place to reinforce these positive behaviour expectations. The intention is to develop student understanding of why staff sometimes have to assign consequences for behaviour, or, better still, to encourage students to avoid any such consequences by always doing their best to always make positive choices.

PBL teaching is based fundamentally on developing student understandings of appropriate behaviour depending on setting. Accordingly, the above will be considered in the school settings of ‘the classroom’, ‘the playground’ and ‘in transit’ between these areas. Students will be explicitly taught what it means to ‘be a Richmond River High School student’ according to our agreed values, in each of these settings.

It is hoped that PBL teaching, in combination with our ‘Mindfulness’ program (outlined in last week’s River Views) will allow all students the opportunity to have a great day each day they come to school and, most importantly, get the most out of the broad ranging teaching and learning we offer at this school.

Michael Hensley,
Deputy Principal

There are two issues which have consumed much of our time in the Deputies offices this week, namely uniform and toilets (probably two of my least favoured topics to write about). The uniform is looking fantastic and thanks go to the students and their families for making the effort to wear the appropriate school uniform.

Wearing the school uniform every day promotes pride and a sense of belonging, makes RRHS students easily identifiable and is excellent training for being work ready. That said, however, there are still a number of girls who continue to wear tights or ‘leggings’ (a cross between jeans and leggings). Tights and ‘leggings’ ARE NOT part of the school uniform. Black tights or stockings may be worn under uniform skirt or shorts. There are certainly not very many professions that I can think of where it is appropriate to wear only tights to cover your bottom half. So, to all of those aspiring Shakespearian actors who insist on wearing your tights to school, I caution you against it. Students wearing tights will continue to be sent to the Deputies office, given a detention and asked to change into a loan uniform. That failing, parents will be contacted and asked to arrange a change of clothes.

Overall, it is important to remember that this is a comprehensive high school and as such we have students attending from varied belief systems. Therefore, it is important to dress conservatively and the best was to do that is to follow the community expectations and wear the school uniform.

Unfortunately, I have had several reports of vandalism and unhygienic behaviour in the toilets, especially the girls. Most of our students treat the facilities with respect for other users, but there a few students who have been incredibly selfish. Very disappointing. I have a list of students to interview on Monday who may have been involved. There will be a girls meeting early next week with Mrs Savins to discuss these matters further. Please look after our school and each other, remember, nice or nothing!

On a more positive note, Open Night is coming up on the 7th March. Many of our students will have their work on display, be invited to perform or be a tour guide. This is a terrific night where we showcase our school to prospective Year 7 students for 2014. We are all looking forward to it.

Peter Howes,
Acting Deputy Principal
Northern Star Hockey Club
Juniors Players required
Age divisions
Minkey, Under 9, Under 11 Girls, Under 11 Mixed
Under 13, Under 15 and Under 18
2013 Season commences 6th April
Sign on Wednesday 20th February
At Goonellabah Turf 4.30pm – 5.30pm
Or contact
Junior Manager: Amanda 0438 246 848
northernstarclub@gmail.com

RRHS PHOTOGRAPHS 2013
Richmond River High will be hosting school photographs on Tuesday, March 12th 2013.
New legislation requires parental permission for photographs of students to be taken and photographs of students to be displayed. If you do not wish your student to be photographed in a group photo to be distributed to all students in that year, please contact the school and register your position. Organisational requirements for a successful photographing day are as follows. All students:
• must be in full school uniform for the photographs.
• must return their envelopes on the day regardless of whether they are purchasing photos or not. Spare envelopes will be available for students who didn’t receive individually coded envelopes.
• family photographs will be available.
• photographs of groups such as SRC, LEOs and Equity Group will be available at lunch-time on Tuesday. Consult your group organiser for details.
• will present for individual photo to receive a 2013 student ID card. If you have any concerns regarding the school photographs on Tuesday 12th March, contact the school on 6621 3456.

RRHS - Week 5

Monday 25/02/2013
• Open boys/girls zone Basketball at Lismore Basketball Stadium

Tuesday 26/02/2013
• Zone Swimming at Maclean
• Open boys/girls Regional Volleyball at Evans River
• Year 12 University Showcase at RRHS River Theatre

Wednesday 27/02/2013

Thursday 28/02/2013
• Year 7 Vaccinations
• Open boys/girls zone Hockey at Lismore Fields

Friday 01/03/2013
• Year 9 Vaccinations

Youth Group
Starting at RRHS 4.30 p.m. Friday afternoons. An opportunity to learn about developing your potential through peer support, skills development and self development. Learning about service and how what we do for others can transform ourselves and our communities and lift the standards for all humanity. Please contact Karen Alexander on 0429 182 463 for more information.
This is not a school run activity.

CANTENE ROSTER - Week 5

Monday 25/02/2013
Vanessa Ekins, Jeff Greaves and Debb Richards

Tuesday 26/02/2013
Jeff Greaves and Kelly Wilson

Wednesday 27/02/2013
Kelly Wilson

Thursday 28/02/2013
Lisa Voaden

Friday 01/03/2013
Lee-anne Gibson
Canteen volunteers are needed. If you can help please phone Kathy Claydon on 6621 4890.

Primary and Secondary School Tutoring
Does your child need extra tuition?
Qualified Teacher Available
Call Ms Christine: 0427181204

Australian Air Force Cadets information night for prospective cadets and parents on Friday 22 Feb 13 at 6 p.m. Age to be between 13 & 18 years old.
Address Byron Barracks, Air Force Rd, East Lismore.
Contacts FLTLT Roy Nuttycombe on 66282100. FSGT Stephen Parry on 66282100.

P & C Meeting
6.00 - 7.30 p.m.
Wednesday
13th March 2013

MyMaths online.com.au
We have subscribed to MyMaths. You need to know our login and password.
Login: rivers
Password: ********

Richmond River High School   Telephone: 6621 3456   www.richmondhri-h.schools.nsw.edu.au   Canteen: 6621 4890