Anna-Leeza Hull (Year 11) competed in the 2013 Cycling Australia Junior Mountain Climb Championships in the Women's U17's in Victoria on the 23rd and 24th of March.

On Saturday, the Time Trial was 10.4km up Mt. Buffalo Rd near Porepunkah. Starting at 300m and going up to 600m above sea level with two climbs averaging a 5% gradient. Anna-Leeza made the podium in 3rd place, 36 seconds behind first and 8 seconds behind second place.

On Sunday, the Road Race was 22.9km, starting at Noonameena at 350m above sea level on Mt. Buffalo Rd and finishing up at Dingo Dell at 1400m, it was very cold and lacking in oxygen at that altitude. It consisted of two major climbs, the first being 18.11km long with a 5.5% gradient and the second for 1.70km at 6.4% gradient. A photo finish, Anna-Leeza came in third with only centimetres between first to third places, 3 seconds behind first and 1 second behind second place.

The overall result, the General Classification in times for the championships meant that Anna-Leeza received the second place trophy, narrowly outdone by a local Victorian by 30 seconds only.

Congratulations to Anna-Leeza for a fantastic result.

On the 4th of April, Anna-Leeza flies out for a 5 day cycling tour in New Caledonia. Stay tuned...

CROSS COUNTRY
FRIDAY 12th April
Lennox Head

This is a compulsory sporting event that all students must attend.

Every student must travel by bus from school to the cross country at Lennox Head. NO students are permitted to drive their own vehicle.

Sport - Term 2

Students, parents and carers please note we are making some small changes to our sport selection process to allow more students to get the choice they want and ensure we cover costs.

On Monday all students Years 7-10 will be given a sports selection sheet including costing details for each available choice. They will also be asked to give a preference for their sport during class time. The preference lists will only be used to ensure we have the numbers to run our key sports.

Student placement in their chosen sport will not be guaranteed until the permission note and payment has been received by the front office. The final day for payment will be Friday the 3rd of May or the end of Week 1, Term 2.

You will notice a smaller cost for sports this term since it is a shorter term of only 9 weeks. New sports will begin on Wednesday the 8th of May. Students will attend their Term 1 sport for Week 1 only.

As always a number of non paying sports will be offered to allow all students to participate in a meaningful sport choice. Paying sports this term will range in cost from $5 to $50.
ANZAC DAY MARCH
Invitation to RRHS staff and students to participate in the ANZAC Day Commemoration activities on Thursday 25TH APRIL 2013 during the second week of the school holidays.

Assembly for the main march will be at the Clyde Campbell Car Park at 8.30 a.m. Moving off promptly at 9.00 a.m. Students are required to wear full school uniform.

Suggested Payment Schedule
Year 11 Perisher Blue Cow Snow Trip

PRICE: $960 SNOWBOARDERS
        $920 SKIIERS

NUMBERS: If students drop out, the cost will go up.

You must tell Mr Laverty if you are not going! Late withdrawal will mean you lose your money.
Note: commitment to travel – Mr Laverty must book accommodation, bus and package so a strong commitment is needed once the deposit is paid.

This is your payment schedule. You may pay it off sooner if you wish, but any missed payments will make your seat vacant. The difference in hire cost between a double decker bus and a single bus is over $1000. As with all typical holiday bookings they require advanced deposits and I must have genuine and committed travellers to secure accommodation, bus and the snow component. Failure to make regular and full payments as set out below prior to departure will exclude you from the excursion. If you withdraw you will lose your $70 deposit.

March 11th   - $70 deposit to secure seat on bus. This is non-refundable. (SHOULD HAVE BEEN PAID)
March 25th    - to pay $100   (SHOULD HAVE BEEN PAID)
April 12th    - to pay $200
May 9th      - to pay $250
June 7th     - to pay $200
June 21st    remaining balance paid prior to going   SKI - $100 BOARD - $140

Note: June 28th is the last day of Term 2 prior to school holidays, we leave at the end of the first week back in Term 3 and all monies must be finalised before the holidays.

LOVE BiTES is an award winning, school based, respectful relationships program for young people. This one day program focuses on the prevention of family/relationship violence and sexual assault. Students learn about respect and consent, how to recognise an unhealthy relationship and how to help themselves and/or support their friends. The day is facilitated by local experts and school staff who work with students via interactive workshops, hip/hop and art. Past students have been very positive about LOVE BiTES program. One local teenager reported “You are talking in a real way that teenagers can listen to and we want to know about this stuff.”

The program is a full day event and will run over 2 days - Students in periods 1, 2 and 3 will participate in LOVE BiTES on Tuesday the 9th of April and students in periods 4, 5 and 6 on Thursday the 11th of April.

LOVE BiTES is a social awareness program implemented by RRHS as part of its whole school, student wellbeing prevention & promotion plan – it is expected all students in Year 10 will take part.
From the Deputies

Visit to RRHS from NSW Australians of the Year

RRHS is privileged to have been nominated to host a visit next Tuesday from the NSW Australians of the Year. At 2 p.m. on Tuesday many of our students will enjoy meeting Local Hero Shane Phillips, NSW Young Australian of the Year Corey Payne and the NSW Senior Australian of the Year Ron Allum.

The visit, titled the Tour of Honour, will enable the recipients of one of our nation’s most prestigious awards program to meet with school students and community members to share their stories and inspire national pride.

Shane Phillips has dedicated much of his life to working with young people in child protection, juvenile justice and the law. Currently the Chief Executive Officer of the Tribal Warrior Association Inc, the organisation is passionate about providing quality training for employment skills, empowering youth and extending practical support by distributing food and groceries to struggling families.

"I was humbled to be named the 2013 Australia’s Local Hero, because there are so many people who deserve this award," said Shane Phillips.

"I’m particularly excited about the Tour of Honour throughout NSW because it will give me an opportunity to speak directly with young Australians in regional communities about the importance of supporting one another."

Young Australian of the Year, Corey Payne, shares a similar passion for improving the lives of young people and believes a visit to the area will provide a great opportunity to learn more about the regional and rural challenges that are faced by young people in securing equal educational opportunities.

Nominations for the 2014 Australian of the Year Awards are open now. Nominations for all award categories can be made online at www.australianoftheyear.org.au or via a nomination form, available from any branch of the Commonwealth Bank from early June.

This award is a great encouragement for Shane Phillips and he invites every Australian to nominate someone who they feel is making a real difference to their community.

"I am honoured to be Australia’s Local Hero for 2013, because I am representing the thousands of Australians who work hard every day to make the lives of their community better in their own special way," said Shane Phillips.

Peter Howes
Relieving Deputy Principal

Assignment starters A-Z

What projects or essays does your child have that are due by the end of term? One of them could be among the School A-Z website’s assignment starters – resources designed to point you in the right direction.


Buying an e-reader or tablet

E-readers may be a good way to get reluctant readers into books, plus they let you carry your library around with you wherever you go.


International Women’s Day

Guest Speakers

On Thursday, about forty of our Year 11 and 12 girls were very fortunate to hear two speakers, Ms Rebekka Battista and Mrs Di Williamson as part of our International Women’s Day celebrations.

Ms Battista spoke about her own career development, from being a restaurant owner, to working with charity and now working for Our House. Rebekka reflected on turning points in her personal life that have impacted on her career. She encouraged students to write down what their ideal career would look like, whilst they may not get exactly what they want in their first job, they will have ideas to work towards.

Mrs Williamson spoke about how women’s roles have changed through history, with a very interesting and informative powerpoint, she gave a very personal approach to her talk, that was very relevant to young women.

“At the International Women’s Day event, there were two very inspirational speakers who empowered us with their personal experiences and present careers. They opened our minds to the opportunities available for women. They infused their speeches with humour that engaged and motivated us.”

Emma Light & Sinead Frankland

Students then enjoyed morning tea with the guest speakers in the River Theatre.

First day of Term 2

School will commence on Monday 29th April for Teachers with 2 School Development Days. (Monday and Tuesday)

Students return on Wednesday 1st of May.

Being RRHS is:
Responsible
Respectful
Honest
Safe
Monday 08/04/2013
- Open Rugby League at Lismore High
- Open Girls Soccer at Lismore High

Tuesday 09/04/2013
- North Coast Rugby Union at Grafton

Wednesday 10/04/2013

Thursday 11/04/2013

Friday 12/04/2013
- Cross Country at Lennox Head

Setaria Hay Bales For Sale
$15.00 wrapped
$11.00 not wrapped

Mulch Hay Bales For Sale
$5.00

Please ring the school on 66213456 and speak to Mr Woodward in the TAS Dept.

P&C News

Uniforms
Lowes Menswear at Lismore Square is our uniform supplier. They now have all sizes of white shirts back in stock.

Thank you for your help.

Tania Harvey,
P&C President

P & C Meeting
6.00 - 7.30 p.m.
Wednesday
10th April 2013

Succeeding in Science
Encouraging your teen to ask questions and helping them find the answers is top of the list in helping them to succeed in science.


Mycal Mathsis online.com.au

Our password for MyMaths has changed.
Make a note of the new details.

Login: rivers
Password: pentagon

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$15.00 wrapped
$11.00 not wrapped

Mulch Hay Bales For Sale
$5.00

Please ring the school on 66213456 and speak to Mr Woodward in the TAS Dept.

RRHS - Week 11

Monday 08/04/2013
- Open Rugby League at Lismore High
- Open Girls Soccer at Lismore High

Tuesday 09/04/2013
- North Coast Rugby Union at Grafton

Wednesday 10/04/2013

Thursday 11/04/2013

Friday 12/04/2013
- Cross Country at Lennox Head

Canteen Roster - Week 11

Monday 08/04/2013
Teah Fort

Tuesday 09/04/2013
Des Harris

Wednesday 10/04/2013
Mel Freier

Thursday 11/04/2013
Sharyne Price

Friday 12/04/2013
CROSS COUNTRY
Canteen volunteers are needed. If you can help please phone Kathy Claydon on 6621 4890.
Crankfest Xtreme
Regional Celebration of Youth Arts & Culture
27th April 2013
Evans Head Surf Club Esplanade
8 am - 4 pm
- Live Music - Circus - Skate Jam - Surf Comp -
- Hip Hop Displays & Workshops - Markets -
Free Buses from Casino, Kyogle, Nimbin, Lismore & Byron

Contact: 6682 6577 or www.crankfestxtreme.com.au

Drug & Alcohol Free Event
Information for school leavers with a disability

Meet the local...
Disability Employment Services
Australian Disability Enterprises
Transition To Work Services
Community Participation Services
TAFE Consultants
Southern Cross University staff
Advocacy Services
ADHC staff
School based Apprenticeship and Traineeship Adviser
Centrelink staff
& more

Details:
Lismore Workers Club Auditorium
Tuesday 28 May 2013 10:00 a.m. - 12:30 p.m.

Ballina RSL Auditorium
Wednesday 29 May 2013 10:00 a.m. - 12:30 p.m.

Club Banora Tuscany Room
Thursday 30 May 2013 10:00 a.m. - 12:30 p.m.

Expos begin on time with a presentation followed by time to meet with services