A group of sixty eight Year 11 students made the annual trip to Mt Blue Cow and Jindabyne for 5 days of skiing and snowboarding. The first two days were cold and windy with low visibility, on Monday the minimum was -6 and maximum -4. Despite this most of the students were still out on the slopes and we were lucky to finish with two bluebird days (sunshine and very little wind). The students continue to amaze us with their ability to pick up the skills and become competent at getting down the mountain. Overall the students were a fantastic group to take away and made the trip more enjoyable for the staff. A big thanks to all staff who went Mrs Turner, Mr Dawson, Mr Fox and Mr Prince for the great job they did as well Mr Dixon for doing all the organisation before we left.

Mr Laverty
Year 7 and 8 20/20 Cricket Matthew Phelps Shield report

On the 31st July, a number of cricketers from Year 7 and 8 took part in the Matthew Phelps Shield. The shield is played in a hope to encourage junior cricketers to become involved with a local cricket team in the Far North Coast region; an area where the love of cricket is unfortunately dwindling. The competition is a 20/20 style of cricket and is commonly known as a very exciting form of the game and the boys certainly enjoyed their day.

There were two games played; the first against St Mary’s High School and the other against Trinity Catholic College, and results from these two games were very mixed.

The first match was played in fantastic spirit and both teams played fairly and competitively with the end result being a win for Richmond River. Justin Tonks (14), Jayden Vidler (17), Paul Stuckey (14) and Sam Weir (16 n.o) all performed well with the bat and all bowlers contributed with the ball with Justin Tonks (1/0 off 2 overs) and Toby Thorley (1/3 off 2 overs) the pick of the bunch. Richmond River scored 5/102 in the first innings and St Mary’s were unable to match this with 8/43.

The second match was also played in fantastic spirit however the result could not have been more different. Trinity Catholic College opened the scoring with 9/102 with all bowlers contributing and some good catches taken. RRHS responded with what can only be described with statistics; bowled out for a mere 9 runs.

Good effort cricketers and we look forward to success in the upcoming round robin competition.

Scott Hogden,
Cricket Coach

CLASS 8.3
An important information night will be held on the **21st of August, 2013** at Richmond River High School. The aim of the night is to provide key information regarding our High Achiever Program and the process of entering your child into the program. The Year 7 Student Advisor for 2014, Mr Dean French will be available on the night to introduce himself and discuss any queries. The selection criteria and the process of entering the High Achiever Program are comprehensive. It is crucial that you attend this information evening so that you are fully aware of what is required as well as what your child will get out of our High Achiever Program.

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<th>Time</th>
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<tr>
<td>5.30 – 6.00 p.m.</td>
<td>Opportunity to view work from local primary schools in the Connected Rivers College</td>
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<tr>
<td>6.00 – 7.00 p.m.</td>
<td>Year 7 2014 High Achievers Program Presentation</td>
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UNIBOUND PROGRAM
On Tuesday 30th July, 25 Year 9 students travelled to Southern Cross University as part of the annual UNI-BOUND program designed to assist students in overcoming real or perceived barriers to attending higher education.

Students met with University staff and mentors and investigated career choices and study areas that are on offer at SCU. The highlights of the day came in the afternoon with a guest lecture from geochronologist Dr Renaud Joannes-Boyau, one of only 15 in the world working in his field. This could only be topped by the wonderful musical showcase provided by a number of SCU contemporary music students.

All students commented on the program as being worthwhile and inspirational in regards to the prospect of tertiary study.

Rugby League
On Thursday 1st August our U16 rugby league team travelled to Kyogle to contest the Titans Cup competition. The boys were narrowly defeated by Trinity in the first match of the day it what could only be described as a “below par” performance. However, they bounced back strongly to defeat the combined Lismore High and Kadina team in the second game.

The final game was a play of for 3rd and 4th against a strong Woodlawn team. The boys held the lead for 15 minutes before the previous games took their toll and Woodlawn were able to run in three late tries.

Special mention to Luke Tonks who although does not play regularly on the weekend, put on us the front foot with some great runs and strong defence. Also Hayden Murphy and Adam Russell who played a large number of minutes in all three games as well as helping out the other LCOSS schools in their two games as they were short on players.

Mr Anderson

Employment/Traineeship Opportunities

Apprenticeships
Commercial Cookery, 1st – 3rd Year, Full-Time, Byron Bay
Automotive Spare Parts, Full-Time, Casino

Traineeships
Computer Aided Drafting, Full Time, Tweed Heads
Marine Mechanical Technology, Full Time, Lismore
Cert II Hospitality, Part-Time, Lismore

School-based traineeships
Cert II Horticulture, Cabarita Beach

If you would like more information about these positions and other opportunities please contact Toni Bellos at NRGT, ph. 02 6622 1363, Mr. Gooley, RRHS Careers Advisor, Mr. Klose, RRHS Transition Advisor or Scott Harrison, RRHS Student Support Officer.

Lachlan Klose
RRHS Transition Advisor
**From the Principal**

**Dear Parents and Carers**

This week Mr Dean French and Ms Justine Thomson have been visiting our partner primary schools to provide the schools with information about our transition process from primary school into Year 7. The feedback so far from the visits is very positive and we look forward to being introduced to our new Year 7 students later in the year when they visit the school for Orientation Day.

I would like to thank all of our students who are coming to school each day in full school uniform. I am very impressed with the way the students are looking as a group. Please remember that when students are on an excursion and away from the school it is very important that all students wear full school uniform so that students can be easily identified.

Across the school we are embarking on increasing the “mindfulness” of our students in order to help them with their concentration and readiness to learn. The year group meetings at the beginning of each day include opportunities for students and teachers to carry out the mindfulness breathing and concentration exercises and from all accounts are having positive impacts on the student focus, particularly in the lessons straight after roll call.

I understand that this year’s Year 8 PIP projects are as outstanding as ever. I know that the students have been busy this week presenting their projects in the library and from my observations the projects have been creative in nature with a big focus on design and research. Congratulations to all our Year 8 students who are participating in these presentations.

**Mr Dave Harvey**

**Principal**

**From the Deputy**

**Year 8 into 9 Curriculum Evening**

A reminder of our Junior Curriculum Evening, beginning at 6:00 p.m. on Wednesday next week in the school’s MPU. Elective choices, along with the mandatory core subjects for Year 9 in 2014, will be outlined to current Year 8 students and their parents or carers. Further, the subject selection process will be explained.

It is important that all Year 8 students and their parents or carers attend, in order to ensure that appropriate choices of electives are made, in other words, based on interest and ability, rather than what friends or favourite teachers may or may not be doing. Students will have to live with their choices until the end of 2015!! The night will also feature a display of Year 8 Personal Interest Projects, currently being assessed by marking panels consisting of parents and teachers. Once again, students have produced an amazing variety of projects of an extremely high quality. The creativity, talent and passion for areas of personal interest have been clearly evident and will, no doubt, carry over into the approach students take to their class work.

Overall, it should be a very worthwhile evening.

**Positive Behaviour for Learning**

Next week will see a continuation of our focus on responsible behaviour in the classroom. In particular, during morning year meetings, students will be asked to consider the importance of respecting others and accepting individual differences. This will be extended into discussions of the different ways in which personal conflicts and disagreements can be resolved respectfully.

Parents are encouraged to also discuss these weekly focuses with their sons and daughters at home.

**Overnight Excursions**

Richmond River High School students have, for many years, enjoyed the opportunity to experience extended excursions with their year groups:

- The Year 8 Beach Trek
- The Year 9 Nymboida camp
- The Year 10 trip to Great Keppel Island
- The Year 11 Snow Trip

These trips, no doubt, form some of the fondest memories that our students will take with them from their time at this school. Our staff take great please in organising and supervising these trips and they have always been a very positive part of our school calendar.

It should, nonetheless, be remembered that these trips are official school activities during which our established expectations of positive behaviour continue to apply. It should also be remembered that these trips are possible only through our staff being prepared to give up a week (often longer) during which they will be away from their own families, and will have the considerable responsibility of being on duty 24 hours per day for the duration of the trip.

Students need to take all of the above into account and ensure that their choices, while enjoying these trips, do not let themselves, their families, supervising staff or the school down. The school looks forward to continuing to provide these opportunities to our students into the foreseeable future. Wishing everyone an enjoyable weekend.

**Mr Hensley**

**Deputy Principal**

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**FROM THE HSIE DEPARTMENT**

Year 8 History are currently being issued their Major Assessment task for the topic of Medieval History. The task is due at the end of Week 5.

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**“CHOPPER DAY”**

Yesterday 1st August, the SRC held a cake stall and sold hot dogs to raise money for the Rescue Helicopter. It was a very successful day raising $510.00 for this very important service. Thank you to Mr Eden Weir and his Year 11 Hospitality class and the wonderful SRC members who helped make this day such a success.
RED CROSS BLOOD DONATIONS
Every second Friday I take 5 different senior students to the Red Cross Blood Bank to donate blood. I am amazed at our students’ generosity. Every successful donation saves 3 lives.

If you donate at the blood bank would you please ask at the reception to have your donation added to Richmond River's total in the Vampire Cup.

WORLD VISION 40 HOUR FAMINE
This year’s World Vision 40 Hour Famine is approaching quickly. It will start at 8 p.m. on Friday 16th and finish at midday Sunday 18th of August. Our school has a proud tradition and each year we have raised thousands of dollars to help alleviate world hunger. This year’s funds will go towards helping those living in Malawi, Africa. Every $40 raised will help feed a family of 5 for a month.

If your student would like to participate please send them to see me during recess or lunch.

Next Tuesday during periods 3 and 4, Year 7 and 8 students will attend a seminar on the global food crisis presented by a Representative from World Vision. A note will be sent out to all parents and carers notifying them of this event. If you do not wish your student to attend this event, please notify the school by completing the form attached to the notice.

This is a great opportunity for our students to learn about the global food crisis.

Thank you
Michelle Atherton
(School Chaplain)

HSC resources to help your child

Is someone in your house preparing for the HSC? Here is some practical advice on everything from writing an essay to helping the rest of the family stay supportive (and sane) while your teen works towards their final exams.

hsc-resources-to-help-your-child

RRHS - Term 3 Week 4

Monday 05/08/2013

Tuesday 06/08/2013
• Global Food Crisis Seminar at school - Years 7 and 8

Wednesday 07/08/2013
• Year 8 2013/Year 9 2014 Curriculum Information Evening, Library & MPU 5.00 p.m. - 7.30 p.m.
• U15 Boys/Girls Basketball Gala Day at Lismore Stadium 9.00 a.m. - 3.15 p.m.

Thursday 08/08/2013

Friday 09/08/2013
• Year 11 Mock Trial at Lismore Family Court 9.30 a.m. - 1.00 p.m.
• NAIDOC Aboriginal Artefacts and Toolmaking - Years 7 and 8

CAINTEEN ROSTER - Term 3 Week 4

Monday 05/08/2013
Nola Mangan & Jo James

Tuesday 06/08/2013
Toni Woodland & Deb Richards

Wednesday 07/08/2013
Kelly Wilson

Thursday 08/08/2013
Sharyne Price

Friday 09/08/2013
Kelly Wilson

Canteen volunteers are needed. If you can help please phone Kathy Claydon on 6621 4890.
2 August 2013

Dear Parent

Urgent Rubella (German Measles) Alert: Richmond River High School

The North Coast Public Health Unit (Lismore Office) has been notified of four cases of Rubella (more commonly known as German measles) in the Northern Rivers area. One of these cases is a member of the Richmond River school community. I am writing to inform you that people who attended the Richmond River High School during the week 15th to 19th July may have been exposed to an infectious rubella case. People need to have received two doses of MMR vaccine or a history of previous rubella infection to be protected. For those exposed we would expect onset of illness from now until the 9th of August...

Rubella is a viral infection that usually results in a mild illness but sometimes and particularly in children the infection can be asymptomatic and go undetected. Common symptoms may include rash, mild fever, runny nose and conjunctivitis.

Rubella infection is especially dangerous during the early stages of pregnancy and may result in miscarriage or cause serious birth defects such as intellectual disability, heart defects, deafness, and eye problems including cataracts. Congenital rubella syndrome occurs in up to 60% of babies born to women who are infected with Rubella during the first 10 weeks of their pregnancy.

How is it spread?
Rubella is readily spread from an infected person to others by coughing, sneezing or direct contact. It is easily spread to people who have not been vaccinated. It can spread from up to seven days before the rash occurs until four days later. Anybody who is not immune (either from vaccination or from past infection) is at risk of rubella.

How is it prevented?
Vaccination is the only prevention for rubella and is given in combination with measles and mumps (MMR vaccination). It is important to double check that your family are fully up to date with the MMR vaccine. If in doubt, please ask your doctor to check.

What should I do?
If your child or any other member of your household develops symptoms of rubella, such as rash mild fever, runny nose and conjunctivitis, please stay away from pregnant women and see your doctor as soon as possible. We would recommend that you keep your child at home from school until you see the doctor and the diagnosis of rubella is excluded with a blood test.

Pregnant women who think they may have come into contact with a person with rubella should also call their doctor for advice.

Take this letter with you when you see your doctor.

Please take the time to read the attached fact sheet (http://www.health.nsw.gov.au/infectious/factsheets). If you require any further information please call the North Coast Public Health Unit on 1300 308 055 and ask to speak to a member of the communicable diseases team.

Yours sincerely,

Greg Bell
Assistant Director Public Health

North Coast Public Health (Covering both MNC and NNSW Local Health Districts)
Hosted by Mid North Coast Local Health District
ABN 17 946 356 658
Uralba Street, Lismore NSW 2480
PO Box 498, Lismore NSW 2480
Tel 02 6620 7799 Fax 0266 30 5551

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

Issued: 15 January 2009

What is rubella?
- Rubella (or German measles) is an infectious viral disease of humans.
- Although in most people infection is mild, infection in early pregnancy can cause serious birth defects or miscarriage.

What is congenital rubella syndrome?
- Congenital rubella syndrome occurs in up to 90 per cent of babies born to women who are infected with rubella during the first three months of their pregnancy.
- Congenital rubella syndrome can cause birth defects including heart defects, deafness, brain damage, and eye problems including cataracts.

What are the symptoms?
- The symptoms of rubella may include a mild fever, rash, runny nose, sore throat and often swollen lymph nodes. Aching joints are also common, especially in women.
- In rare cases, rubella infection can be complicated by lowering of the platelet count (thrombocytopenia) which can cause bleeding, or by encephalitis (inflammation of the brain).

How is it spread?
- Rubella is spread from an infected person by droplets from the nose or mouth or by direct contact.
- Rubella is easily spread to people who have not been vaccinated or previously infected.
- The time from exposure to onset of illness is usually 14 to 21 days. People with rubella are usually infectious from seven days before the rash occurs until four days later.

Who is at risk?
Anybody who is not immune (either from past infection or vaccination) is at risk of rubella.

How is it prevented?
- People with rubella should stay at home for at least four days after onset of rash, and avoid contact with non-immune people.
- The best protection against rubella is through vaccination with MMR vaccine, which protects against infection with measles, mumps and rubella.
- MMR vaccine should be given to children when they are 12 months and at four years of age. Two doses of MMR provide protection against rubella to over 99 per cent of those vaccinated.
- MMR vaccine is a safe and effective vaccine that has been used worldwide for many years.
- While many older adults are immune to rubella because they have been vaccinated or infected as children, young adults (especially men) may not be immunized. Vaccination against rubella is very important for women (and men) at child bearing age to reduce the chance of pregnant women coming into contact with, and contracting, rubella infection.
- It is very important for all women planning a pregnancy, to know whether they are immune to rubella. Women planning a pregnancy should have a blood test, which can be done by their general doctor, to check that they are protected against rubella. Rubella vaccine should not be given to pregnant women, and pregnancy should be avoided for one month following vaccination.

How is it diagnosed?
Rubella can be difficult to diagnose because there are many other viruses that cause similar illnesses with a fever and a rash. Definitive diagnosis requires a blood test.

How is it treated?
Treatment for symptoms of rubella include rest and plenty of fluids.

What is the public health response?
- Pregnant women who have come in contact with a case of rubella should call their doctor for advice. Rubella is notifiable by laboratories in NSW under the Public Health Act. Statistics on the number of cases are tracked to monitor the impact of the immunisation program, and to identify outbreaks.

Further information – Local Health Networks in NSW
For more information please contact your doctor, local health network or community health centre.
- Look under NSW/Government at the front of the White Pages.

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<td>Manly 02 9477 9400</td>
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<td>Gosford 02 4349 4444</td>
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<td>South Eastern Sydney/ Illawarra</td>
<td>Randwick 02 9302 9333</td>
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<td>Wollongong 02 4221 9700</td>
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<td>Sydney South West</td>
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<td>Mittagong 02 9211 2760</td>
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<td>North Coast</td>
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Richmond River High School | Telephone: 6621 3456 | www.richmondri-h.schools.nsw.edu.au | Canteen: 6621 4890
Dear Parents and Carers,

You are warmly invited to attend our Junior Curriculum Information Evening, along with your sons and daughters currently in Year 8, to discuss subject offerings for Year 9 in 2014.

Information on elective choices our school is offering in 2014 will be given, along with the basic requirements for the completion of Year 10. A panel of Head Teachers and the Student Adviser will be available to answer your questions.

Choosing electives for Year 9 that will continue through to the completion of Year 10, will involve many important decisions by our students and their families.

We therefore strongly recommend your attendance to personally discuss your student’s selections.

Also, from 5.00 p.m. until 6.00 p.m. there will be a display of Personal Interest Projects in the Library. This is a great opportunity to view the outstanding work of our Year 8 students. There will also be a barbeque and drinks available on the night for purchase.

Your Elective Choices form is to be returned to your Student Adviser by Friday August 16 2013 (PLEASE NOTE: new return date)
Richmond River High School P & C

Trivia Night

Saturday 17 August 2013

At: RRHS MPU
Time: 6 p.m. for 6.30 start
Cost: $10 per head

Tables of 8-10
Adults Only

BYO Nibbles + Drinks + Alcoholic beverages
Come and have some fun with games, raffles and of course the Trivia

Create your own theme for your table
Prize for the best table!

* Lucky Door Prizes * Raffles
* Toss the Coin * Tombola *

Tickets can be purchased at the School Office
Ph: 66213456
We would like to thank the following businesses for their kind donation of goods for our RRHS Trivia Night - "Please support the businesses that support our school"

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<td>St Lismore Bakery</td>
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<td>McKenzie's Outdoor and Disposals</td>
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<td>Goonellabah Pharmacy</td>
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<td>Kol's Kebabs</td>
<td>Intimo - Amanda Butler</td>
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<td>Lismore Rock Shop</td>
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<td>Sew Alter Design</td>
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<td>Lismore Time Zone</td>
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<td>Ten Pin Bowl</td>
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<td>Capello Café</td>
<td>Discount Drug Store</td>
<td>Jim Gamble Locksmith</td>
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<td>Keen Street Veterinary Clinic</td>
<td>Beauty on Woodlark</td>
<td>Hutley's Butcher</td>
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<td>Graham Gooley Optometrist</td>
<td>Bluey's Rest</td>
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<td>Millers</td>
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<td>Winks Hair Studio</td>
<td>George Gooley</td>
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<td>Albertini's Garage</td>
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<td>Lips &amp; Lashes</td>
<td>Little Delhi</td>
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LISMORE TENNIS CLUB

Under new management with fully qualified Tennis Australia coaches

**WE OFFER**
- Private, Group and Squad Lessons
- MLC Hotshots (5-10 yrs)
- Cardio Tennis (Adults and Teens)
- Monday night junior social comp
- Tournaments
- **FREE** court, racquet & ball hire (Between 3:30-5:30pm Mon-Fri)

Open Monday-Friday
Car Ballina Rd & Brawexter St, Lismore.

CALL NOW!  Paul Denning 0419 146 190 or Dean Kyle 0414 826 318

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Richmond River High School  Telephone: 6621 3456  www.richmondri-h.schools.nsw.edu.au  Canteen: 6621 4890
Does your child struggle in their lives because they think/behave differently? In such instances children often begin to lag behind. They lose confidence, can become anxious or depressed, and develop behaviours which make the situation worse.

Do you feel like giving up on expectations that your child can shine or flourish and just hope they can “get by” and “fit in” with some support? It is frustrating for parents, teachers, health workers and of course, the child themselves, when generic systems of learning do not seem to work. Assessments, answers and solutions can be delayed, and some kids just “fall through the cracks”.

Early intervention is crucial – you need to act before attitudes and behaviours become cemented.

Children’s brains are incredibly “plastic” - this is the time in their lives when most neural changes are made. Many connections and pathways are formed, strengthened, adapted, and those unused are “pruned” for efficiency. Skills build upon one another and now is a key time to support the development of complex thinking (eg flexibility, planning, empathy, mindfulness) in the frontal lobe.

I am a registered, insured and endorsed Clinical Neuropsychologist working in Lismore.

Neuropsychology is the study of the brain and behaviour, grounded in scientific roots, with historic and current links to psychology and neurology. Traditionally such professionals work from within the Health system, though rarely in rural areas.

How does it work?

Reasons for referral may range from academic difficulties and/or unusual behaviour, to suspicion of a condition which effects the brain/thinking. Referrals are accepted from parents/guardians, schools, GPs, paediatricians, neurologists and other health workers.

I can determine the characteristics of the system within which your child works. I will help them, you and their teachers to see how they can get the most from their brain to meet their current needs and interests. I do this by combining information from you and the school, and through observing your child’s behaviour and performance in standardised tests (eg pen and paper tasks, arranging blocks, listening tasks). You will gain a better understanding of how your child's mind is working and of their mental strengths. Neural pathways will connect as your child completes tasks in their own way and try new activities to stimulate parts of their brain. They will feel a sense of achievement, and will make choices reflecting confidence, knowledge, and courage.