Bronze Medal for Anna-Leeza at World Championships in Spain

Anna-Leeza Hull, Year 12 departed for Belgium on August 19th, after being selected in the Australian U19 Women's Cycling Team in early July. Anna-Leeza's selection was the culmination of outstanding results in 2014.

Her results have included 4th Oceania's Time Trial (Toowoomba), 3rd Oceania's Road Race (Toowoomba), 1st Australian Mountain Climb Championships (Mt Buffalo Vic), 1st Australian Mountain Climb Championships (Mt Buffalo Vic), 3rd Stage 2 Mersey Valley Tour Tasmania (Youngest ever to Podium in the Women's National Road Series at 16 years 11 mths), 1st Queen of the Mountain Mersey Valley Tour Tasmania, 2nd Stage 1 Battle on the Border (Murwillumbah), 3rd General Classification Battle On the Border (Youngest ever to Podium GC in Women's National Road Series 17 years), 1st Australian Championships U19W Individual Time Trial (Canberra) and 3rd Australian Championships U19W Road Race (Canberra).

Anna-Leeza's results were considered even more outstanding as she is only 17, was the youngest in her U19 Division with most other riders being at least 12 months older than her both here, in Spain and Belgium.

Once arriving in Belgium Anna-Leeza spent 4 weeks racing and training with the Australian U19 Team. Conditions in Belgium were very tough with continuous wet weather and very difficult racing. On September 20th the team left for Ponferrada Spain, and the final week of preparation before the World Championships started on September 23rd.

Anna-Leeza finished 3rd with the Bronze Medal in the Individual Time Trial. At 17 years of age, competing in the U19 Division, her result is outstanding and reflective of her efforts over the last 2 years in particular. On the day of the race conditions were treacherous with heavy rain on the course.

Anna-Leeza returned home on September 29th and has now got her sights set on completing her HSC Exams.

She has already returned to training after a 10 day break from riding, and will be returning to racing at a National level in December. Anna-Leeza has also had her potential recognised by being signed under contract for 2015 with the National Women's Cycling Team "Specialized Securitor".

Congratulations Anna-Leeza from everyone at Richmond River High School.
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<th>TUESDAY</th>
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<td>17 North Coast National Show</td>
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<td>OCT 4A</td>
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<td>04 Junior Exams Year 9 Camp Lakefire Excursion</td>
<td>05 Junior Exams Year 9 Camp Lakefire Excursion</td>
<td>06 Year 9 Camp Lakefire Excursion Year 12 Society &amp; Culture Sydney Excursion</td>
<td>07 Year 12 Society &amp; Culture Sydney Excursion</td>
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<tr>
<td>DEC 11B</td>
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<td>17 LAST DAY OF TERM FOR STUDENTS</td>
<td>18 Staff Development Day</td>
<td>19 Staff Development Day</td>
<td>20/21</td>
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From the Principal
Dear Parents and Carers

Welcome back to Term 4. I would like to welcome, in particular, Mr Jim Selwood as Head Teacher HSIE and Mr Mark Murray who has replaced Mr Blake in the same key learning area.

We have received high quality nominations from our senior students for the position of school captain for 2015. Shortly students and staff across the school will have the opportunity to vote for their preferred choices for male and female school captain for 2015. Students who have nominated will have the opportunity to present to the school at an assembly the reasons why they should be voted in as captain.

Later this term I look forward to sharing with you our draft new school plan. The plan that we are currently developing has been based on input from students, parents and staff and I am excited about the prospect of working with the school community to further adjust and improve on the work of our great school.

Good luck to our wonderful Year 12 students. Their examinations start on Monday and I know many students are feeling the pressure at the moment. I wish them all well and I look forward to welcoming them all in at the Workers Club on Monday morning.

Have a great weekend.

Dave Harvey
Principal

From the Deputies

CWA Education Grants
Do you wish to apply for a grant to assist you financially with school next year. Application forms are available from Mrs Williamson and are due in by the 24th October.

Each Application must be accompanied by:
1. A citation written by a person of standing in the community.
2. A recommendation from the Principal of the School the Student is at present attending, testifying to the character and academic record of the Applicant.
3. A citation of the students involvement in School Representation, eg. community work through school, sporting achievements and School Council etc.

Di Williamson
Deputy Principal

Year 12 are about to commence their HSC Examinations on Monday at Lismore Workers Club. The first exam is Paper 1 of the English course. Students must make sure that they are at the venue well before the start of the exam and report to Mrs Helliwell. We wish Year 12 all the best.

Our Year 11 students are now commencing their formal HSC courses. I'd like to remind students that assessment tasks are a vital part of the HSC course and contribute to the final HSC marks. It is essential that students do not leave their tasks to the last minute and work with their teachers in completing the tasks. Parents can play a vital role in supporting students with their assessments. With this in mind please see page 5 of this newsletter for a guide for parents and students in completing assessments. Hopefully you will find this useful in supporting your son or daughter with their studies.

Some Year 11 students have elected to change their English or Maths courses, or drop a subject. Changes to patterns of study do not come into effect until the students have received a new timetable. Until that point students must remain in their current class.

I'd like to congratulate Deanna and Julia Batten who are coordinating student busking at Lismore Square on Thursday nights. This is a great initiative. Students who are interested in performing can register at youngbuskers@lismoreshopingsquare.com.au

Peter Howes
Acting Deputy Principal

We are pleased to welcome Anaelle Guiot from Belgium to Richmond River High School. Anaelle will be staying for ten weeks and supporting Miss Lishman in her French classes. We hope students will communicate with her in French and learn more about her culture and background.
On Thursday the 11th of September, students from Years 7, 8, 9 and 10 travelled down to Evans Head for the Annual Futsal Gala Day Knockout. Both teams, the under 13/14’s and the under 15/16’s played well but were unlucky not to progress through the stages due to first round losses. Outstanding players from each side included Jazmine Bertuzzi, Alinta Ahrens and Haylee Mustard from the under 14’s and Cara Brice, Brea Buckley and Olivia Reilly from the under 16’s. All of the students were extremely well behaved and enjoyed themselves immensely. I would like to thank Mr Eakin who attended the day and drove the bus down. It was a really exciting day and the girls are already looking forward to next year’s competition.

Mr Bordin
Futsal Coach

YEAR 12 FORMAL TICKETS ARE AVAILABLE FOR PURCHASE FROM THE FRONT OFFICE.
The tickets are $36.00 each and a maximum of 4 tickets are available per student (incl. students ticket). All Year 12 students need to purchase a formal ticket for themselves as well.

The official Richmond River High School Facebook page is here:
RRHS Facebook Page
The web address is: www.facebook.com/richmondriverhigh
### Assessment Task Partnership Matrix

The greatest success for students completing assessment tasks comes when the student, parents/caregivers and teachers work together.

<table>
<thead>
<tr>
<th>Process</th>
<th>Student</th>
<th>Parent/Caregiver</th>
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<tbody>
<tr>
<td>Notification</td>
<td>• Acknowledges receipt of task.</td>
<td>• Regularly ask students what tasks have been set. Ask the student to explain the task.</td>
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<tr>
<td>Ensure Understanding</td>
<td>• Actively engages with the support provided by the teacher</td>
<td>• If required, encourage the student to seek further support from the teacher. Parents may seek clarification from the teacher.</td>
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<td></td>
<td>• Re-read the task and check for understanding.</td>
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<tr>
<td>Time Management &amp; Academic Rigour</td>
<td>• Plans a realistic approach to completing the set task, breaking it into achievable 'chunks'. Students are encouraged to work with their teacher and parent/caregivers to do this.</td>
<td>• Assist the student to organise their diary and time management, eg. Due dates on the family calendar.</td>
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<td></td>
<td>• Devotes a series of times in their study schedule and diary to work towards completing the task.</td>
<td>• Regularly remind and encourage the student to work towards the completion of the set task well before the due date.</td>
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<td></td>
<td>• Conducts independent research activities to support the response to the task.</td>
<td>• Reminds student to submit the task on or before the due date (9.10am cut off).</td>
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<td></td>
<td>• Seeks feedback before the task is due.</td>
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<tr>
<td>Submission of Task</td>
<td>• Submit the task by the due date and in the manner set out in the assessment task notification.</td>
<td>• If there is illness/misadventure which affects the student’s ability to complete the task:</td>
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<td></td>
<td></td>
<td>• The teacher is aware before the due date where possible</td>
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<td></td>
<td></td>
<td>• Ensure supporting documentation is provided Yr7-10 students have a signed note</td>
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<td></td>
<td></td>
<td>• Year 11-12 have a medical certificate and submit an Application for Late Assessment.</td>
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<tr>
<td>Level of Achievement &amp; Academic Rigour</td>
<td>• Looks to further support their learning by responding to feedback in a positive and grateful manner.</td>
<td>• Encourage the student to reflect upon the feedback.</td>
</tr>
</tbody>
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Young People and Risk Taking
Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst Year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. If you have a Year 11 student in your family, encourage them to attend.

RRISK seminar dates 2014
Port Macquarie Panthers Auditorium 7 November
Coffs Harbour Southern Cross University 13 and 14 November
Kempsey Melville High Community Hall 19 November
Lismore Southern Cross University 24, 25 and 27 November
Tweed Heads: Twin Town Services Club 4 and 5 December

Research shows that RRISK is effective in reducing young driver crashes by 44%
The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au
Thank you to local businesses
CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

Sidney & Hacking Plumbing Pty Ltd  RA's Lismore Car Repairs
Attard Sheet Metal  James Frizelles Automotive Group
Readings Engineering Pty Ltd  Mayfields Restaurant (Dunoon Sports & Recreation Club)
Andersons Engineering  Trevan Ford - Lismore
Mary G's  Town & Country Motorcycles
Lismore Workers Club  St Josephs Nursing Home
Harvey Norman - Computer Department  Tommyst Restaurant
Norco Co-Op Limited - Lismore  K & T Ballina Mechanical
Caroona Goonellabah  Baptist Care Mid Richmond Centre
Taste at 8 Café  All Steel Garages & Sheds Pty Ltd
Tonge's Dairy Farm  MP Steel Pty Limited
Henry's Bakery Café  The Byron Jewellers Workshop
PJ & SL WEIR (Dairy Farm)  Byron Bay Dive Centre
DM & CL Rose Farmers  House With No Steps
Scrivener & Webb Chemist  Coffee Shots
Pickled Pepper Bistro  KC Farm Equipment
Macadamia Castle  Palate at the Gallery
Mecca Café  Rural Buying Machinery
Lismore Public Library  Higgins O.W.& Son Spray Painters
Essential Energy - Lismore  Southside Truck Centre
Southside Pharmacy  North Coast Steel Fabrication
The Rainbow Café  Red Dove Café (Lismore Regional Mission)
R & J Aquatics and Pets  Advanced Auto Refinishers
Fire in The Belly  Peter Currie - Macadamia Farm
Goanna Bakery & Café  PKS Fabrications
Soward Steel and Aluminium Fabrication  Cheviot Hills Station
House with No Steps - Turning Point Café  Jeff Zanette Horticulturalist
Lismore Central Veterinary Hospital  The Satay Hut
Keen Street Veterinary Clinic  New Tatts Hotel
Quayside Motors - Lismore  North Coast Petroleum Workshop
Darryl Hoskins Pty Ltd  Bunnings Warehouse - Lismore
Flynn's Aluminium Handrails  
Booerie Springs Farm (Beef & Sheep)  
Norco Rural Store - Lismore  
The Channon Tavern - NightCap Brassery  
The Bank
Defence Force Recruiting would like to advise all students that there will be an Australian Defence Force Academy Facebook chat on Thursday 23 October.

Students can chat with ADFA cadets for 90 minutes between 6:30 p.m. and 8 p.m. on Thursday 23 October. Here is a link to the chat page https://www.facebook.com/events/1485699831716414/

Trivia Night
Sat 25th Oct
Cruise Ship Theme

Boarding from Lismore PCYC
6.30pm for a 7pm departure.

Come on board for a night of trivia, fun and games.
$10.00 per person - Tables of 10
BYO drinks and nibbles

To book a table (or seat/s) call Bexhill Public School
on 66284223 – 8.30 a.m. – 4.00 p.m.