Lilly O’Neill, Year 10 has been selected for an Indigenous School Based Traineeship with ANZ Bank. Lilly went through an application and then an interview to be offered the position. Lilly will be working with the bank one day per week in Year 11 and 12 and completing modules at the workplace to gain her qualifications.

Lilly would like to sincerely thank Amy Dreyer, Mr Bale and Mr Weir for their support and assistance. Lilly has turned her life around in 2014. Lilly has developed a more mature approach to school and has a greater understanding of her own potential and abilities. Congratulations to Lilly and we wish her well in her Traineeship.

Theotius Hall, Year 12 has claimed top prize in the International Competition and Assessment for School (ICAS) English Competition. Theo and 200 other Richmond River Students sat the international competition in July this year answering questions covering comprehension and literacy skills such as grammar and punctuation.

Theotius topped the Year 12 competition across the whole of NSW and ACT. He is to be awarded a University of New South Wales (UNSW) medal at a ceremony to be held in Sydney later this year. Theotius is to be congratulated for this fine achievement.

Josie Coles, Year 12 has been selected to represent Australia at the International Commonwealth Youth Parliament to be held in South Africa from 2nd to 8th November. There are only three participants selected Australia wide, Josie at 18 being much younger than the other participants at 23 and 28 years of age.

Josie had the opportunity to participate in Youth Parliament in 2013 and 2014 and was able to complete work experience with Thomas George our local member. Josie has always had a strong interest in leadership and politics and we wish her well with all future endeavours, congratulations Josie.
Under 14’s Cricket RRHS vs Kadina HS

Yesterday our under 14’s cricket side played their CHS Knockout match against rivals Kadina High School at McKenzie Oval. The River team was put together pretty quickly and included experienced and a few first time players. RRHS won the toss and elected to bowl, to have a look at their competition. Captain Jayden Vidler thought it was a masterstroke, as the first ball of the innings went crashing into the stumps, off a “peach” of a delivery by opening bowler Jayden Allen. Then Kadina started to hit big and a few dropped catches by our boys cost them more wickets. That was until Justin Tonks stepped up, took the pace off the ball and bowled with acute accuracy. He claimed the wicket of their opening batsman who had hit a few boundaries. Justin ended up with 2 very valuable wickets, and fielded outstandingly all day. Jayden Allen finished with 3 wickets and newcomer to the game, Roan Beucker claimed his first ever wicket. At the end of the innings Kadina had 209 runs. RRHS started their batting campaign not in the way they wanted, opener Adam Walker was dismissed for a duck and Toby Thorley soon followed for 1. Dan Hunter hit a few good shots for his 5 runs but the day belonged to Justin Tonks. He batted for the majority of the innings and held his team together with his unbeaten 25* (not out) taking our innings to 90 runs, which wasn’t enough to win the game but all the boys enjoyed their time on the field. Justin was awarded our man of the match. The entire team were extremely well behaved throughout the day and constantly helped out when asked. Let’s hope we have more luck in the T20 Competition next Wednesday.

Mr Bordin, Cricket Coach

Mobile Laptop Computer Trolley for RRHS

A classroom set of 32 Lenovo netbook computers has been set up in a laptop trolley in the library. This provides another teaching and learning space for students and teachers. The trolley was paid for by the School’s P & C, so the laptops can be charged in a secure location. Yesterday Mr Jerred’s Year 7 High Achiever’s English class were the first students to use the computers, when they worked on their newspaper article. Thank you to Mr Redden for setting up the trolley and Mrs Moverley for enabling this new initiative at RRHS.

Mrs Louise Seccombe, Teacher-Librarian
**North Coast National** - well done to all the teachers and students involved in the Show, results from the Show in next week’s newsletter.
From the Deputy

Schools Spectacular
One of our Year 11 students Claudia Beucker has been studying Entertainment at Kadina through the Rivers College Program since the beginning of 2014. Claudia has been selected to work as part of the backstage crew at the November Schools Spectacular at the Sydney Entertainment Centre. This is a great opportunity to work with industry professionals and state of the art equipment. Congratulations to Claudia.

The Rivers Secondary College
Next Tuesday 21st October heralds the first meeting for staff involved in the working parties for the River's College. The strategic plan has indicated that four working parties will be formed to advise the work of all schools in our learning community in four specific areas:

- Transition
- Wellbeing
- Curriculum
- Professional Learning

The working parties are being coordinated by Executive Principal John Baker and Kim Edwards (Head Teacher Strategic Planning Implementation).

Each high school has a representative on each working party and are joined by primary school colleagues. It is an exciting endeavour to develop a positive way forward working with our primary school colleagues.

The representatives from our school are as follows:

Transition - Kylie Day
Professional Learning - Louise Savins
Curriculum - Brett Price
Wellbeing - Di Williamson

All working party members and some executive have been invited to a dinner on Wednesday 22nd October to hear an address from Maurice Brunning, a researcher from the University of Newcastle, who is undertaking and evaluating The Rivers project. We will report on our progress in future River Views.

Di Williamson
Deputy Principal

Anyone interested in Youth Parliament for 2015? Nominations are out now.

Please see Mrs Williamson, Deputy Principal if you are interested.

YEAR 12
IMPORTANT DATES
SIGN-OUT DAYS AT RRHS
Friday 24th October
Thursday 6th November

DANCE PRACTICE FOR FORMAL AT RRHS
Tuesday 11th November at 1 p.m. in the River Theatre.

DANCE PRACTICE FOR FORMAL AT WORKERS CLUB
Friday 14th November at 9 a.m. at the Workers Club.
(This is a compulsory attendance for all Year 12)

North Coast National Show
Attention all Parents and Carers

Our newsletter ‘River Views’ is published every Friday and is uploaded onto our website: www.richmondri-h.schools.nsw.edu.au and emailed to parents whom we have received their email addresses. We do not provide paper copies unless specifically requested by parents and the students need to come up to the front office to collect a paper copy at 3.15 p.m. on Friday afternoons. If you would like a copy emailed to you then please contact the front office on 66 213 456.

Canteen Roster - Term 4 Week 2

Monday 20/10/2014
Kelly Wilson

Tuesday 21/10/2014
Sue Parrish

Wednesday 22/10/2014
Meryl Condon

Thursday 23/10/2014
Kelly Wilson

Friday 24/10/2014
Linda Grey

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

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.

P & C Meeting
6.00 - 7.30 p.m.
Monday
10th November 2014

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

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Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime. Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011).

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Alcohol and adolescent brain development

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf

Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue www.beyondblue.org.au 1300 22 4636

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

SAVE THE DATE – Saturday 25th October

Come on aboard the SS Bexhill Cruise Ship for Bexhill P&C Association’s

ANNUAL TRIVIA NIGHT

Docking at BEXHILL HALL (new venue)

Boarding from 6.30 p.m. for a 7 p.m. departure.

Come on board for a night of trivia, fun, games.

Tables of 10 @ $10 p.p.

BYO Drinks & Nibbles

Call Bexhill Public School 66284223 (8.30 a.m. – 4 p.m.)

To book your table.

To book or inquire about membership, or volunteering as a mentor, contact Youth Connections on 6622 3143 or ycnc@ycnc.com.au

Richmond River High School Telephone: 6621 3456 www.richmondri-h.schools.nsw.edu.au Canteen: 6621 4890
Dear Parent/Guardian,

Thankyou for attending the Parent information Evening held at Richmond River High on the 2nd of September to find out more about the upcoming Antipodeans Vietnam Expedition planned for the end of next year.

It was great to see so many families interested in this opportunity and to have some students already confirm this week their desire to participate in the program.

I wanted to take this opportunity to confirm that this expedition is an Antipodeans Abroad run expedition, not a Richmond River High School trip. Therefore, any planning and preparation will be done outside of class times and will not affect your son or daughter’s schooling.
Antipodeans Abroad will be responsible for all the planning, risk management, training and operational support for this trip and with over 23 years experience running these expeditions with young Australians, you can be assured the highest quality safety and support.

A highly experienced Antipodeans Abroad Expedition Leader will be assigned to train and travel with the team and you will have the opportunity to meet them before the expedition. Their role is to provide safety and facilitate student decision making and leadership roles so the students get the most out of the trip. They will work together with the travelling teachers from the school who are giving up their holidays to enable this rewarding experience for your son or daughter.

We held our first team meeting on Wednesday the 17th September to get the team together, collect booking forms and confirm numbers, get to know each other and talk about what happens next.

Once a booking form and deposit is submitted to Antipodeans Abroad, you will be sent a welcome pack with more details about the program, fundraising advice and updates. The team will be assigned an Antipodeans Expedition Manager to work with the team in the lead up to expedition and be in contact with the team and family back home during the expedition itself. Therefore, all communication prior to and during the expedition will be through the Expedition Manager and not the school. The Expedition Manager will regularly update families on the expedition progress or via the Antipodeans Abroad office.

We look forward to providing a safe, fun and exciting journey of growth and development for your son or daughter and thankyou for considering this opportunity, an experience that will be exhilarating and life changing for many.

Your Sincerely,

Georgie Cain
Program Development Manager
M: 0423 654 108
T: 02 9413 1522 (Antipodeans Head Office)
www.antipodeans.com.au
CAPA is pleased to announce that the school band is up and running with 7 students, comprising a rhythm section as well as trumpet, clarinet and saxophone.

Mr Murray is available for tuition on the trumpet, saxophone, trombone and clarinet.

If you have any unwanted or damaged brass or woodwind instruments could you please consider donating them to the school.

Mr Murray
Music Teacher

Canteen News
We are desperate for helpers in the canteen. If you could volunteer for 1 day a month or even 1 day a term it would be so helpful.

If you are interested please call Kathy Claydon on 66214 890.

Full training is given. I know from experience helping in the canteen is not hard and it’s a good fun day out 9 - 2 p.m.

Tania Harvey, P&C President