Peer Support Leadership Training

On Monday the 3rd of November, Richmond River High School will be conducting Peer Support Training for all of Year 9. Peer Support is a peer led, skills based, experiential learning program to enhance the mental, social and emotional wellbeing of our students.

The training involves a full day of fun, games, activities, noise and copious amounts of lollies!!! (It will also develop skills in leadership, communication, teamwork, empathy, decision making and problem solving!) Students who successfully complete the training will qualify for leadership opportunities as Peer Support Leaders for Year 6 into 7 orientation activities 2014, and as facilitators of the Peer Support Resilience module for new Year 7 students in Term 1, 2015. Interested students need to see Ms Savins or Ms Sulek to put their name on the list at the end of the day!

This is a regular school day and all students are expected to attend and will have recess and lunch as normal. Peer Support helps us maintain a positive school culture and empowers young people to support each other and contribute positively to their school and community.

Ms Savins
Peer Support Co-ordinator

Cancer Council Fundraiser

Today members of the RRHS Leo’s Club assisted to set up and run a “pink” morning tea to raise funds for the Cancer Council’s – Unite in Pink fundraiser for those affected by breast and gynaecological cancers. Thank you to the Science faculty and others who donated food and raffles for charity, and to the staff for supporting this event. We raised $288 for the Cancer Council and $130 to support our Staff Social Club who organise “care packages” to assist staff members affected by cancer.

Social Committee - RRHS
From the Principal
Dear Parents and Carers

Over the last week or so the school has been holding exams for Years 8 and 10 students. These exams are being held across the key learning areas and are an important assessment tool in order for students to be able to demonstrate the many and varied things they have learnt in their courses. These exams also are designed to give students opportunities to sit more formal test situations in order to best prepare them for the more formal tests associated with the senior years and in particularly in Years 11 and 12.

Next week our Year 9 students will be attending the Camp Lake Fire overnight three night excursion. The program for the Camp sounds exciting and full of great individual and team activities. I would like to thank the teachers who are attending the Camp in order to enable this activity to go ahead. I look forward to hearing all about the fun and excitement on their return. School will be on offer as usual for those students not attending the Camp.

Today is the final day for our Year 12 students HSC exams. I have spoken to a few of our students who have indicated they have done their best and are now very grateful for the exams to be finished. Congratulations to them all and we look forward to catching up with our outgoing Year 12s at the formal on Friday 14 November.

Enjoy your weekend.

Dave Harvey
Principal
Attention all Parents and Carers

Our newsletter the ‘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.

RRHS - Term 4 Week 5

Monday 03/11/2014
- Year 9 Lake Campfire Excursion

Tuesday 04/11/2014
- Year 9 Lake Campfire Excursion

Wednesday 05/11/2014
- Year 9 Lake Campfire Excursion
- Year 12 Society & Culture Sydney Excursion

Thursday 06/11/2014
- Year 9 Lake Campfire Excursion
- Year 12 Society & Culture Sydney Excursion

Friday 07/11/2014
- Year 12 Society & Culture Sydney Excursion

Canteen Roster - Term 4 Week 5

Monday 03/11/2014
Nola Mangan & Tammy Allen

Tuesday 04/11/2014
Toni Woodland

Wednesday 05/11/2014
Meryl Condon

Thursday 06/11/2014
Kelly Wilson

Friday 07/11/2014
Lee-anne Gibson & Kelly Wilson

See the Maths staff to obtain the password.

Airforce Rd East Lismore

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

P & C Meeting
6.00 - 7.30 p.m.
Monday
10th November 2014
Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

♦ When you pour a glass of alcohol
♦ When alcohol or other drugs are mentioned on TV or other media
♦ When using or giving out medicines
♦ When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15
Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For Young people aged 15-18 years
The safest option is to delay the initiation of drinking for as long as possible.


Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)

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*