Bundjalarms Netball Club

Jamie-Lee Farnham and Montanah Wood of Year 11 travelled down to Newcastle at 5:30 a.m. on Friday the 24th of October to represent the Lismore Bundjalarms Netball Club in the NSW Annual Koori Netball Knockout. The girls and their team played 8 games over two days and won 4, lost 3 and drew 1. The open team made the grand final and came second overall and the under 15s came 3rd in their pool. The teams have only been together for the last 4 weeks and despite the unfamiliarity of each other’s game plan all the teams did very well. Jamie-Lee and Montanah’s team came third in their pool. With over 60 teams in the competition their effort was commendable and we congratulate the girls and their team on their success. Good luck for next year girls!

THANKYOU RRHS P&C

A big thankyou to the RRHS P&C who kindly provided funds to install a new spiral cutting blade for the thicknessing machine. This blade has made an massive difference in the woodwork room, not only does it do a much neater and smoother job of dressing the timber for the students its much quieter, safer and more economical. As a result of the quietness of the machine the staff can now complete thicknessing work while in class.

I would like to take this opportunity to thank the P&C for buying this industry current blade as it is fantastic.

Mr Stegeman
Woodwork Teacher
SCU Graduation for Headstart and Access Students

Sarah Helliwell and I were invited to attend the graduation ceremony for students on Friday 31st October. It was, for me, one of the most inspirational nights I have attended as a teacher. Richmond River High School students shined on the night, not only achieving academically but in their ability to charm the audience with their public speaking skills or to interact with the guests in such a mature manner. One of the highlights of the evening was to see students who have previously underestimated their ability become empowered, confident and mature. It was also a pleasure to meet the very proud parents who have supported the students through the program.

The SCU Access Program allows students who are not eligible for an ATAR or entry to university to qualify for the associate degree program at SCU when they have completed Year 12. The Headstart program allows students to study 1 unit of a university subject simultaneously with Years 11 or 12 HSC studies giving them advanced standing at SCU. The Headstart students are in a cohort of first year university students.

RRHS was well presented on the night. Our Access students included Tessa Nicolaou, Laura Stoll, Chris Mitchell and Jade Obirek-Gailey. Our Headstart students included Lilly Pickford, David Stuckey and Luke Tonks.

Laura Stoll and Jade Obirek-Gailey joined Jessica Lancaster from Lismore High thanking the lecturers and tutors for their help support and guidance which was extremely well received. It was wonderful to see these once shy students speak in front of a large audience with such confidence.

Several RRHS students were awarded first place in their cohort and these include:

**Access Program** - Jade Obirek-Gailey
**Headstart-Communications in Organisations** - Lilly Pickford
**Headstart-Engineering Studies** - David Stuckey

Congratulations to all the students who graduated from these programs. We are very proud of your determination, your efforts and your success. Well done.

Senior Schools Day at Southern Cross University

Fifty Year 12 students attended this excellent day on Monday 27th October. Students selected two course specific sessions to attend. During this time they were given valuable information relating to that particular course. Students became familiar with the amazing layout of the campus as well as other pathways into university and Scholarships available to them. A free lunch was supplied for students in the Plaza. The day was finished with a ‘Student Panel Session’ where our students could ask first year university students issues/pitfalls etc of university life. This was a very interesting and honest question and answer session with students able to ask any question that was on their mind.

Thank you to Mr Scott Hogden for assisting in accompanying the students and the students on their exemplary behaviour.

*K Varley
Year Adviser*
From the Principal
Dear Parents and Carers

Year 9 Camp Lake Fire
From all accounts the Year 9 Camp Lake Fire was a roaring success. The students had a fun time enjoying all the outdoor activities. Overnight camps are always a positive way for students and staff to get to know each other a little better. I would like to thank “big time” all the staff who went along and gave up their personal life for the week because without their commitment we could not run such activities.

TAS Audit
This week the school’s vocational Education program was audited by the national ASQUA. While all audits can be very stressful the vocational education team, including Ms Karen Purcell, Ms Sally Ford, Mrs Sue Wraight, Mr Eden Weir and Mr Luke Woodward are to be congratulated. The feedback so far has been very positive and evidence of the good work by the team is evident in the increase in student interest in the hospitality courses.

Year 7 into 8 Elective Subject Selections
Students in Year 7 have received their Year 8 elective book today. Students have been asked to take the book home and have a good look at the elective possibilities and then to return the request slip back to Mr French, the Year 7 Advisor in the PDHPE staffroom by no later than next Friday. Please remember that the sooner you return this sheet the more chance you have to get into your selected elective choice.

School Captains
We have scheduled a school assembly for those nominating for school captains 2015 to give their speeches on Monday 17th November in the MPU. We had a number of very high calibre students nominate themselves for the esteemed role. The whole school will be able to witness the speeches on this day and will be given the opportunity to vote for their preferred candidates. This is always a highly sought after role and I wish each of the candidates the very best of luck.

Have an enjoyable weekend.

Dave Harvey
Principal

From the Deputies

Staff Wellbeing Cancer Council – Pink Morning Tea
Leo’s Club students are assisting our Staff Wellbeing Club in organisation and fundraising. Last Friday the school held a “in the pink” morning tea to raise money for women’s health issues for the Cancer Council. The students assisted with the set-up of the morning tea, prepared tea to raise money for women’s health issues for the Cancer Council. The students assisted with the set-up of the morning tea, prepared food, collected entry fees, sold raffle tickets and assisted with the clean-up. Over $250 were raised for Cancer research. We appreciate the Leo’s assistance and the assistance of Courtney Noble and Takiah Degail who managed to cook and decorate 4 dozen patty cakes. Many of the staff cooked and donated yummy food and raffle prizes. A huge thank you goes to Louise Seccombe for her organisation, Sue Wraight for her constant support of our staff and the social committee.

Wellbeing Grant
The staff were successful in gaining a wellbeing grant of $2,000 to encourage and support staff wellbeing. Pedometers were brought for each staff member to make people more aware of the actual level of activity each day and encourage staff to increase planned and incidental exercise aiming to over 10,000 steps per day. Some staff members find this easy, some of the PE teachers are clocking up 30,000 steps per day regularly. Others are realising that the busy pace of school does not allow enough exercise and have had to plan to increase their activity. We now have a Monday afternoon walking club, a staff member runs yoga each week, while another staff member supervises Gym sessions for staff regularly after school.
Exercise has many health benefits for both the mind and body including reducing stress, increasing the ability to cope under pressure, improved focus and concentration, improves immunity, self-esteem and general wellbeing. Mr Andrew Broadley has been the driving force behind this initiative and the program will continue to encourage staff maintain a regular exercise program.

Student Wellbeing
Daily exercise for students is becoming an increasing topic of conversation with parents and students around increased happiness, ability to cope with stress and the development of self-esteem for students. Regular exercise is an important protective factor for student wellbeing. With the increases in technology and media many students are not exercising enough. It doesn’t have to be difficult – it could be walking the dog with friends of an afternoon, walking to the shops, riding a bike, skateboard or scooter, making skating a fun activity on the weekend or taking up dance or a team sport. It could be just getting outside and playing and being active with friends or younger brothers and sisters. Please encourage your child to be active and help them find their
preferred activity for a lifetime of improved health and mental well-being.

Many phones and devices have apps that you can download that keep track of activity and distance walked etc. These may help to motivate students. Being healthy and fit helps students to manage their emotions, concentrate in class and cope with stress.

**Society and Culture Excursion to Sydney**
Students in our Year 11 class are heading to Sydney to experience first hand the richness of cultural diversity in Sydney. The excursion represents and amazing amount of behind the scenes work by teachers to plan and develop the program for the three days and to book venues and accommodation. Students as part of their HSC study in Society and Culture must complete a research project called a Personal Interest Project that displays in depth study in their chosen area of interest. The Sydney excursion explores different religious practices, cultural experiences, foods through restaurant experiences and of course allows students to explore and discuss the things they have experienced in the class on their return.

Thanks to the teachers for their organisation of this event and to the parents for supporting their children to experience this richness and material for future study.

*Di Williamson*  
*Deputy Principal*

**Partial Truancy**
A small group of students have chosen recently to 'skip a class', which we refer to as partial truancy. There are significant consequences for partial truancy. In the first instance students will be placed on an executive detention. Further instances will result in parent contact and interviews with the Deputy or Principal. We are currently revising our truancy system and are looking to provide parents with more immediate notification if their son/daughter skips a class. Next year we aim to interview students who truant with the aim of identifying what makes them skip class and then look to address those issues where possible.

**Senior Students Driving to School**
Another issue of concern involves our senior students who drive to school. Students are reminded that safety is paramount. Student drivers are not to have any passengers in their car without both sets of parents providing written permission to the school. Students are expected to stay at school during their study periods, with the exception of their pre-arranged early leave days.

*Peter Howes*  
*Deputy Principal*

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**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.

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**YEAR 12 IMPORTANT DATES**
**DANCE PRACTICE FOR FORMAL AT RRHS**
Tuesday 11th November at 1 p.m. in the River Theatre.

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**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)
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](http://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.

All Year 8 will be doing the ESSA (Essential Secondary Science Assessment) Test on 11, 12 and 13th November

Year 11 have been given their HSC Assessment Booklets for 2014/2015. This booklet contains all the due dates/weeks for assessments and exams for all subjects. Students have also been given a summary sheet to plot the assessments for their particular pattern of study. Please encourage them to use this and devise a schedule to meet these deadlines. This will ensure they are aware of the workload and commitment so they can attain their best in the HSC.

Mrs K Varley
Year 11 Adviser

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

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**RRHS - Term 4 Week 6**

- **Monday 10/11/2014**
  - Peer Support Leadership Training
- **Tuesday 11/11/2014**
  - Year 8 ESSA Testing
- **Wednesday 12/11/2014**
  - Year 8 ESSA Testing
- **Thursday 13/11/2014**
  - Year 8 ESSA Testing
- **Friday 14/11/2014**
  - Year 12 Formal, 6 p.m. Lismore Workers Club

**CANTEEN ROSTER - Term 4 Week 6**

- **Monday 10/11/2014**
  - Eve & Lindley
- **Tuesday 11/11/2014**
  - Des Harris
- **Wednesday 12/11/2014**
  - Meryl Condon
- **Thursday 13/11/2014**
  - Kelly Wilson
- **Friday 14/11/2014**
  - Kelly Wilson

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

Richmond River High School will be conducting two Orientation Days this year. The first Orientation Day will be on the 26th November. It is a day for students to get to know each other, build new relationships, participate in a variety of sports and get involved in the musical culture of the school.

We encourage students to bring water, a hat and proper footwear for the day. A barbeque lunch will be provided on the day. However, students need to bring their own recess. The canteen will be available for the students if necessary.

The second Orientation Day will be on the 3rd December. It is a day for students to re-connect with old friends and continue to make new friends. They will attend lessons throughout the day to model what high school is like. Students should bring a pen or pencil with them. Like the first day, a barbeque lunch is provided, however, they will need their own recess and the canteen will be available.

In the morning session of the second Orientation Day (3rd December), we will be running a Parents Matter session. We encourage all parents to attend this session. During this session, we will have speakers presenting key information:

- Susie Hancock – Head Teacher Welfare
- Di Williamson – Deputy Principal for Year 7 2015
- Paula Moverley – Head Teacher Technology
- Dean French – Sports Coordinator
- Carl Moore – School Counsellor
- Kathy Claydon – School Canteen

We would like students to be at Richmond River by 9 am. This will allow us to establish a morning routine similar to what students will experience next year. Pick up times for the days are as follows:

- 26th November – 2.45-3.00
- 3rd December – 3.00-3.10

If students are taking buses, please organise with your child:
- Which bus they need to be on
- Where the bus departs from school, whether it will be on Lake St or Alexander Parade and the time.

Ringing your local bus service will help you get this information. Ensure that you give your child your contact information on the day so that if they do happen to miss the bus or something comes up (e.g. they feel unwell) we can contact you.

I look forward to seeing you and student at our Orientation Days. If you have any queries please do not hesitate to contact our front office.

All the best

Boden Yates  Di Williamson  Dave Harvey
Year 7 Year Advisor 2015  Deputy Principal Year 7 2015  Principal

A proud member of the Rivers Secondary College
SCHOOL BAND REPORT

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

Variation of Routine/Excursion

Dear Parent/Caregiver,

As part of our whole-school wellbeing plan, all Year 9 students will be participating in Peer Support Leadership Training on Monday, 10 November 2014.

Purpose of activity: To develop skills in leadership, communication, team work, empathy, decision-making and problem solving.

This training is designed to help students qualify for leadership opportunities as Peer Support Leaders for Year 6 into 7 orientation activities 2014, and Peer Support Resilience module in term 1, 2015.

Destination: Richmond River High School Multi-Purpose Unit.

Year & Number of Students: All Year 9 students            Cost: Nil

Days / Dates: Monday, 10 November 2014   Organiser: Ms Louise Savins

Staff involved: L Savins, C Sulek, B Yates, C Moore, D French, K Day, S Harrison, J Scarrabelotti

Activity begins (time & place): 9:10 am at Richmond River High School Multi-Purpose Unit

Activity concludes (time & place): 3:15 pm at Richmond River High School Multi-Purpose Unit

Dress Requirements: Full School Uniform
### Facts:
1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
   - Drink driving
   - Driver fatigue and distraction
   - Not using seat belts

**Driver inexperience:** Often young drivers don’t realise that it takes time and lots of practice to develop safe driving skills.

**Developing brain:** Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

**Overconfidence and risk taking:** Young drivers can be over confident about their driving ability and underestimate dangers on the road.

**Having friends as passengers:** Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

**Alcohol and other drugs:** Young people often do not understand that alcohol and other drugs affect a driver’s skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what’s happening on the road.

**Busy lifestyles:** Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn’t feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website [www.rrisk.com.au](http://www.rrisk.com.au)

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**The New Masters Home Improvements Store** opening in Lismore in February 2015 are currently recruiting for their store and would like to encourage any of our students to apply for roles if they are looking for employment.

All applications go through their careers website, [www.wowcareers.com.au](http://www.wowcareers.com.au) the job requisition ID number is **36030 Customer Service Associate**.

Their Customer Service Associates work throughout the store in varying locations from customer service desk, the trading floor and gardening.

Masters Home Improvements is a fast growing company in Australia and is part of the Woolworths Group. Which means there are many opportunities for challenging and rewarding careers throughout Australia and even worldwide. The opportunities are endless.
What would it mean if your teenager had the mindset and motivation to create a successful future?

Brent Williams has been running world-class Empower U programs for young people for over a decade now. Teaching them how to take control of their lives and achieve a new sense of self-worth, direction and empowerment.

Whether it’s:
- more motivation,
- improved attitude,
- better exam marks,
- a savings plan,
- landing a great job,
- or just a more open family relationship.

You will see results fast!

Empower U for 14-25 year olds, November 21st-23rd Ballina RSL club.
Go to EmpoweringLocalYouth.com.au to ENROL or call 0412651525

Peer Support Leadership Training

On Monday the 3rd of November, Richmond River High School will be conducting Peer Support Training for all 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