P.A.R.T.Y Program

On Monday the 8th of December fifty-six students from Years 9 and 10 attending the P.A.R.T.Y program at Lismore Base Hospital with Mr Scarrabelotti, Miss Thomson, Mrs Hancock and Mr Harrison. The P.A.R.T.Y. Program is an in-hospital injury and trauma prevention program run by Royal North Shore Hospital Trauma Service and Lismore Base Hospital, aimed at school age students between the ages of 15-25 years, its goal is to reduce the over representation of young adults in injury and trauma statistics.

Young people are particularly vulnerable to risk taking behaviours. International studies have shown that exposing these students to the consequences of risky behaviour resulted in a decline in risk related injuries. In 2012, 15 per cent of youths between the ages of 15 to 25 years presented to NSW hospitals with severe trauma injuries. In the past five years across Australia, there were 1,638 pre-hospital deaths associated with on road traumas in this same age group.

During the program students enjoyed the opportunity to:

- Hear from doctors, nurses, allied health staff and paramedics on the harsh reality of poor choices.
- Spend time in interactive sessions in the emergency room, intensive care and rehabilitation units to understand how it feels to have a severe injury or disability.
- Hear the story of a trauma patient recovering from their injuries on the trauma ward.
- Meet with an injury survivor who shares their story on how their life has changed and what it is like to have a severe life changing disability.

The students all had a fantastic day and rated it among the best excursion they had ever been on. We are looking forward to the opportunity to take more students from Years 10 and 11 next year and our thanks go out to Mr Scott Harrison and Mrs Hancock for organising our attendance at the excursion along with Maura Desmond from the Royal North Shore Hospital who is the co-ordinator the program.

For more information parents may like to see http://www.nslhd.health.nsw.gov.au/HealthInformation/party/Pages/default.aspx

Miss Thomson
PDHPE
Premier's Reading Challenge - Major Awards
Congratulations to Shifali John-Leader - Platinum Award for seventh year of completion, and Jack Marr - Gold Award for fourth year of completion of PRC. Well done.

Louise Secombe
Teacher-Librarian

Year 9 Cooking Class
Mrs Purcell's cooking class this week had the choice of making a Gingerbread House or a novelty cake. Here are some of the fantastic yummy delights that they produced in class. Well done.
Premier’s Sporting Challenge

On Sunday 7th of December at 2:30 p.m., ten Richmond River High School students departed school and headed to Lake Ainsworth near Lennox Head for the Premier’s Sporting Challenge. Over the next three days the students participated in various sporting sessions and participated in a leadership program.

The Sunday night session focused on leadership within sport. During the Monday morning session the students participated in indoor rock climbing at the centre. After this the students spent 4 hours learning about a specialised sport. The sessions were designed to show students different skills and drills they could use when coaching younger athletes. The sessions on offer included: softball, rugby league, football and sailing.

On Monday night the students then had a ‘Question and Answer’ night where they could ask any questions to various people on the panel. The panel consisted of local high school teachers, an outdoor education instructor and Lyn Larsen. Lyn Larsen grew up near Tuntabie Creek and attended Richmond River High School. She then went on to Captain the Australian girls cricket team. Lyn spoke to the group about her leadership role as a captain and the hard work and dedication that she applied to the sport she loved. On Tuesday, the students then were trained in another sport.

The students who participated in this camp were: Tahlia Cook, Jarred Daly, Michael Daly, Rhys Daley, Matilda Grant, Jed McKinley, Jayden Morrison, Chris Riley, Zac Schram and Brad Small. Congratulations to our students as they participated in all activities to a high standard.

Miss Birney
PDHPE

BLOOD BANK

Congratulations to all the students who attended the Blood Bank today. Thanks to Mrs Atherton for her organisation of this community activity.
From the Principal
Dear Parents and Carers
I would like to take this opportunity to wish everyone a very happy festive season. This year has been a very positive one for the school, and I have sincerely enjoyed working with a very dedicated work force made up of teachers, administrative and support staff. The team has provided many quality teaching and learning experiences for our students, both in and out of the classroom. I thank each and every teacher for the dedication and enthusiasm they bring to the learning of our students. Today we acknowledged the great work of the school’s administrative and support team at a special morning tea. It is their work that contributes to the effective running of the school and to which we are very grateful.

One significant highlight has obviously been the bequeath made by Peter and Margaret Carr of over $900,000 to the students at our school and I look forward to announcing to the community early next year the application process and the specific criteria for students to address. This very generous gift to the school clearly identifies the local community support for Richmond River High.

In 2014 I have really appreciated working side by side with our very dedicated P&C. I really appreciated the opportunity to meet the parents who have attended these meetings. I have also valued being given the opportunity to provide feedback on how things are progressing at the school and to discuss the various school policies as they are being developed. It has been fantastic to work closely with our parent representatives on merit selection panels for the deputy principal position and a range of other teaching and non-teaching positions. I look forward to working closely with our P&C again in 2015.

Dave Harvey
Principal

From the Deputies
I have just had the pleasure of being involved in River Idol which is a reminder of the depth and variety of talent our students and staff have. Mr Wordsworth and the Music team (Mr Mitchell and Mr Murray) need to be congratulated on their organisation. Also worth mentioning is the respect and appreciation demonstrated by all of the students in the audience. This is a great school.

This afternoon students in Years 7-10 have been issued with their school reports. Please celebrate the successes and work with your son/daughter on the areas for improvement.

We farewell Mr Conomos who has been very capably filling in for Miss Bouveret this term. Mr Conomos has done an outstanding job whilst here. We welcome back Miss Bouveret next week.

Please use the Christmas holiday period to ensure that your son/daughter has the correct uniform and equipment to start the year. Christmas can be a difficult time for some families and adolescents. Below are some contacts to put up on your fridge:

- Mental Health Access Line: 1800 011 511
- Headspace Lismore: 02 6625 0200
- Family Referral Service Lismore: 1300 338 774
- Kids Help Line: 1800 55 1800

Have a safe and enjoyable Christmas break.

Peter Howes
Deputy Principal

All Year 7 and Year 10 Peer Support students only return to school on Wednesday 28th January 2015, along with Years 11 and 12 Extension classes, Hospitality and Primary Industries classes.

The remainder of Years 8-12 return on Thursday 29th January.

We are returning on WEEK A

Our School Captains for 2015
Zoe Bertuzzi (School Captain)
Adrian Basso (School Captain)
Julia Batten (School Vice-Captain)
Malachi Joseph (School Vice-Captain)
Lindley Schneider (School Vice-Captain)
Eve Kheir (School Vice-Captain)
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 6621 4890.
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

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.

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

Canteen Roster - Term 4 Week 11

Monday 15/12/2014
Kelly Wilson

Tuesday 16/12/2014
Kelly Wilson

Wednesday 17/12/2014
Meryl Condon

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

Canteen Roster - Term 1 Week 1

Wednesday 28/01/2015
Meryl Condon

Thursday 29/01/2015
Kelly Wilson & Dorothy Tan

Friday 30/01/2015
Kelly Wilson

P & C Meeting
6.00 - 7.30 p.m.
Monday 9th February 2015
Dear Parent / Caregiver,

School sport forms an important and compulsory part of each week at Richmond River High School. It is expected that all students from Years 7 to 10 will actively participate in one sporting activity per term to enable an enjoyable experience. We acknowledge the physical, social and personal benefits sporting and recreational activities offer and seek to enable students to experience these benefits through a wide range of activities. Please note sport takes place on Wednesday Morning during periods 2-3 for all students.

The sports below are being offered this term. We have a wide variety of sports and activities for selection. Some sports are free and others have associated costs, sports can only run if enough students select them. Your student will be required to select three possible sport preferences prior to the date of selection. On the selection date your student will be required to have appropriate amount of money for all three of the preferences.

RRHS has a policy of paying “up front” for sports with an associated cost. This pays for the venue and the bus travel for the whole term. Students must travel on the bus where one is provided and their sport must be paid for before they complete a sport with an associated cost. Sport rolls for PAYING sports will be created once students have paid for their sport. If a student does not have the money on selection day they will be required to pick a “Non-Paying” sport.

***** Sport Selections For All Years Will Be On 2/2/15 *****

Sports/ school uniform must be worn or students will not be allowed on the bus. Sport selections are below with costs.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Basketball</td>
<td>Nil</td>
<td>2. OzTag/Touch</td>
</tr>
<tr>
<td>3. Canoeing</td>
<td>$20</td>
<td>4. Yoga</td>
</tr>
<tr>
<td>5. Cricket</td>
<td>Nil</td>
<td>6. MPU games</td>
</tr>
<tr>
<td>7. Croquet</td>
<td>$30</td>
<td>8. Skating</td>
</tr>
<tr>
<td>9. Crossfit</td>
<td>$60</td>
<td>10. Tennis</td>
</tr>
<tr>
<td>11. Curves</td>
<td>$60</td>
<td>12. Ten Pin</td>
</tr>
<tr>
<td>15. GSAC Futsal</td>
<td>$60</td>
<td>16. Walking for Fitness</td>
</tr>
<tr>
<td>17. Soccer (School)</td>
<td>Nil</td>
<td>18. Skateboarding</td>
</tr>
<tr>
<td>19. Volleyball</td>
<td>Nil</td>
<td>20. Weights (Years 9/10 Only)</td>
</tr>
<tr>
<td>23. Dance</td>
<td>$20</td>
<td>24. Surf Survival (Surfing)</td>
</tr>
</tbody>
</table>

Please complete this section and return it to the office with payment.

**Wednesday Sport**

My Sport Preferences are: 1) ________________ 2) ________________ 3) ________________

I hereby consent to my son/daughter/ward: ___________________________ of Year ___________ participating in Sport at RRHS 2014 on Wednesdays, which is a compulsory part of the Year 7-11 curriculum. I understand that they will travel to sport on a bus or walk under the supervision of their teacher and I give permission for them to do so.

☐ I enclose cash/cheque for $______________

☐ I have made an online payment. My receipt number is: ________________

☐ Please debit my Credit Card (Visa/MasterCard) No: ________________

Expire Date: ________________ Validation Code: ________________

Signature of Parent/Caregiver: ____________________________

A proud member of The Rivers Secondary College
**A letter about the P&C at RRHS**

I have been attending the P&C meetings for the last 2 years and wanted to share my experience. At first I was nervous about joining, as I had baked enough cakes and done enough fundraising for our primary school to last a lifetime. I was already busy with work and other commitments and didn't want to take on any more roles. Perhaps this is a common story for many of us.

So what made me join the P&C and what keeps me coming back?

From the first meeting I found this to be a great group to be part of – we were all just there for the kids, the teachers and the school. The meetings are only for an hour once a month and we do (unlike many meetings) stay focused. I was assured that I wouldn’t be pressured into taking on any roles. Each person’s contribution was valued and it was understood that some of us are fundraisers and some are not! Some months it was hard to make myself go out again after work but it has always been worth it.

The biggest motivation that keeps me attending the P&C is our teenagers. This can be a time when they ‘go off the rails’. Rather than backing off from my commitments as a parent, I feel it is actually a time when I need to be more actively engaged. Our kids and teachers are facing complex challenges every day at high school. Our kids don’t always talk to us about these issues. Through the P&C I get to hear what’s going on, what the problems are and have an active role in developing strategies that will support everyone.

From my experience, I would encourage anyone to join the RRHS P&C. We do have an important role to play in decision-making about spending, policy, staffing etc. It would be great to have more parents come along so we can truly represent the parent community.

Thanks to Fiona for her great insight into P & C.

If you have any queries please contact us through the school.

You are welcome to email:

*Fiona*

fiona@lotherington.com.au

or

*Tania Harvey - President*

tania.harvey7@det.nsw.edu.au

---

**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*

---

**ATTENTION ALL PARENTS/CARERS**

Make Online Payments

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school’s website by selecting $ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called ‘Other’, this is to cover items not covered in the previous headings, ‘other’ can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:

- the students name and class and reference number
- the students name and date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

Please ensure that if you use this method to pay for Excursions that you tick the appropriate box on the permission note.

For any enquiries regarding the Online Payment process please contact the School Administration Office on 66213456.
FREE EVENT

All Abilities Sports Session

OAKES OVAL

Proudly presented by Special Olympics NSW with the support from the
Newcastle Permanent Charitable Foundation

For the Lismore community and surrounding areas

For: People aged 6 years and over with an intellectual disability – Mums, Dads, Brothers, Sisters & Friends welcome to join in for an all abilities sports session

Date: Tuesday 16 December 2014

Venue: Oakes Oval, Magellan Street, Lismore ... enjoy Lismore’s No.1 sports ground

Time: Join in the fun anytime between 4pm – 5:30pm

Sports: Cricket, Soccer & Athletics

Equipment: All provided (cricket equipment is modified bats, balls and stumps)

Pre Register for your chance to win a lucky door sports prize

Enquiries

Email: andrews@specialolympics.com.au
Phone: 02 8116 9821 / 0419 838 549

We look forward to seeing you there!
Positions Vacant

**Cert III SBT: Early Childhood Education & Care (Childcare)**

**Location:** Lismore  
**Type of Host:** Child Care Centre  
Which days will they be required to work: 1 day per week. Flexible.

Tasks to be performed day-to-day:
- Supervision of children
- Facilitating play experiences
- Housekeeping

Skills needed for the job:
- Good communication skills – Interpersonal and verbal
- Able to interact with people with confidence

Characteristics of the ideal trainee:
- Confident
- Team player
- At ease with people
- Able to follow strict confidentiality requirements.

Additional notes/requirements:
- National Police Check
- Working with Children Check (only if over 18 years)
- Short-listed candidates must be willing to participate in a practical trial on-site with the host employer, in their own time, as part of the interview process.
- First aid certificate desirable, but not essential.

**Cert III SBT: Health Services Assistance – (Aged Care)**

**Location:** Lismore  
**Type of Host:** Aged Care facility  
Which days will they be required to work: Alternating roster - 2 shifts per week one week and 3 shifts per week the next. Hours – 5.00 p.m.-9.30 p.m. week nights and 6.00 p.m.-11.00 p.m. weekends. Extra shifts available during school holidays.

Tasks to be performed day-to-day:
- Provide comfort and support when necessary to patients / residents and carers
- Patient / resident care
- Care and use of basic equipment pertaining to the clinical area
- Maintain a clean, safe environment for patients, visitors and staff

Skills needed for the job:
- Good communication skills – Interpersonal and verbal
- Able to interact with people with confidence

Characteristics of the ideal trainee:
- Mature
- Team player
- Interest in nursing and/or caring role

Additional notes/requirements:
- Must be willing to complete pre-requisite training at school (1 week intensive).

If you require any further information – please let me know.

*Mr Eden Weir  
Careers Adviser*