Rivers College Basketball

On Friday 16th of February it was a red letter day for the Rivers College. Both the boys open and girls open basketball teams played in the NSW State Knockout Competition which was played in the Storm Stadium in Lismore.

Teams from Maclean, Casino, Woodenbong, Bonalbo and Evans River High Schools competed in thrilling games. Throughout the day the Rivers College team showed how hard work at training combined with discipline proves successful.

Both of the Rivers College teams played 4 games and in each one were undefeated winning in fine style. Each team also provided time keepers and kept acute scoring.

From the Rivers College the following students were selected to represent the zone at the next level in Wauchope on the 17th and 18th of March, in the boys team: Hezekiah Roberts (KHC), John Paden (LHC), Wade Whitney (RRHC), Ryan Everson (RRHC), Dale Bailey (RRHC) and Lachlan Keyte (KHC). See this Friday’s newsletter for the list of the successful girls.

Congratulations and good luck.

Mr Pestell
Coach
Relieving Principals News

Social media has proven to be an amazing way to keep in contact and to share lives, but it also has a side that can have a negative impact on young people and their families. One of our priorities this year is to build the capacity of our students to be resilient digital citizens. This term we will be hosting a series of student workshops delivered by the highly sought after Kirra Pendergast from Safe on Social. Kirra will lead students through the skills necessary for negotiating a variety of popular social media sites. She will also provide strategies for dealing with the things that can go wrong. Kirra is currently writing online modules for us to post on our website later this term. The modules will be available for all students, providing specific guidance for each of the popular social media sites. I have invited Kirra to run a session for parents on 14th March at 5.30 p.m. in the River Theatre. The valuable session will provide you with an overview of how to support your teenager to be safe in the social media world. It is free to all who come along. I hope to see you there.

On Friday I received some great feedback from a teacher at another school about our students which I wanted to share with you:
"I had the pleasure of meeting and working alongside two of your students today, two lovely young men who deserve to be recognised for their efforts today. These young men didn't leave their station at lane 1 all day except to eat lunch. Whilst other students had some 'rest time' these boys never complained once and performed their jobs with good humour and manners. They were polite and articulate whilst engaging in conversation. They showed empathy and concern for those that may have bumped their head or hand on the back wall and encouraged every swimmer to finish to their race, particularly those that were struggling and coming an obvious last place. I was offered bottles of water and asked if I had any rubbish at the end of the day as they cleaned up. On what was an uncomfortably hot day there were no complaints. Too often young men are not recognised for the good they do and I wanted to take the opportunity to let you know that these students are a credit to Richmond River High Campus and to their families. It was a pleasure to work along side them today".

Peter Howes
Relieving Principal

NSW SCHOOL VACCINATION PROGRAM
Vaccinations will take place this
Thursday, 3rd March
Deputy Principals News

Personalised Learning at Richmond River High School

In light of the review on student engagement held in Term 4 2015 Richmond River High Campus is implementing some exciting learning innovations this year. The innovations are based on a more personalised approach to learning that stimulates engagement and learning in the student’s areas of interest.

**ON Track:** We are running our Stage 5 “On Track” class this year. Students have a more structured approach to learning Monday to Thursday with an opportunity to do Work experience and interest based activities on Fridays. Students will be involved in project based learning as the term progresses. These projects will be based on the student’s interest or on a problem that needs to be solved individually or as a group. Project based learning is about building essential C21st skills: Creativity, Collaboration, and Communication. Students in this class may be offered courses to build work skills or to more advanced skills in a certain area such as Work Health and Safety, First Aid, Barista skills and Safe food Handling, to name a few.

**Specialisation Courses:** It is our aim to have a series of specialisation courses delivered to the students over this year. Mr Hogden is in charge of creating the systems for these to operate at school. This term we have the robotics club which has just begun at Richmond River Campus under the facilitation of Ms Macleod (Science) and Mr Clark (TAS). Student participated in a workshop at SCU today and the school will be investing in a number of robotics kits for students to program and develop their skills. SCU is very keen to develop links with any of our specialisation courses. Staff are being asked next week to nominate an area of interest that they may wish to deliver as a specialisation course. Students will be invited to apply. Possible suggestions this year may be film and video, music specialisation, perhaps percussion or piano and ceramics. Please stay tuned for more information.

**High Achievers Project Based Learning:** Mr Hogden is also piloting a Year 7 problem based unit of project work integrating work, skills and outcomes for the four main core subjects: English, Maths, Science and HSIE. The Project based learning periods will be timetabled each week and students will be given the opportunity to form collaborative groups working on design, construction and problem solving challenges over 15 weeks.

Richmond River Campus
Welcome to Year 7 Social

Tuesday 8th March
Lismore Workers Club
Start : 5:30 for a 6 p.m. start
Finish 8:50 p.m.– 9 p.m.
Staggered exit from the auditorium
Year 7 followed progressively by each year

**Rules of Socials**
- Please be aware that all normal school rules apply at the social. Students are expected to follow all school expectations and to follow the directions of teachers.
- Students must be identified before entry by teachers or by student Identification passes.
- All students must have their photo taken before entry for security reasons.
- Only students of Richmond River Campus may attend.
- All bags, drink bottles etc must be left outside the auditorium and will be supervised.
- Students must wear shoes for the entire evening. Please make sure you wear comfortable shoes that you can dance in – No thongs or Flip flops allowed.
- Students who have been roomed, given an official caution or suspended this term may not attend the social.
- No student is to leave early unless collected by their parent from the door.
- No student is to arrive after the start time unless prearranged with the Deputy Principals with a note from parents indicating the time of arrival and reason for the delay e.g. Soccer training or part-time employment. Parents may be asked to escort students to the door.
- Students may buy soft drinks and some small food items at the social. Water is provided free inside the venue.

Di Williamson
Deputy Principal
NSW Touch Football Junior State Cup

Congratulations to Lachlan Brown (Year 12), Bob Mullenberg (Year 11) and ex-students Harry Brown and Malachi Joseph who were all involved in the Lismore Lizards representative Touch Football teams at last weekend. This carnival is the NSW Touch Football Junior State Cup, held at Port Macquarie, the largest junior carnival across the state.

Missing from the photo is Mr Laverty who went down as a referee for the club and was refereeing at the time.

2016 University and TAFE Roadshow.

On Tuesday Year 12 from RRHC and LHSC had presenters attend from Bond University, Griffith University, Southern Cross University, University of New England, University of Southern Queensland and North Coast TAFE.

Students had an opportunity to explore a variety of post school options and information.

Each presenter was very impressed with the active participation and highly praised the students mature approach.

Mr E Weir
Careers Adviser
Study Tips
Free applications you can download to help you get through your exams.

1. Self-Control: A free application that can be used to block certain websites for a certain amount of time so you can avoid those distractions such as Facebook.

2. Maths Alarm Clock If you are a student who continuously hits the snooze button in the morning, then this is the app for you. Maths Alarm Clock makes you solve a simple math problem in order to turn your alarm off.

3. ExamTime allows you to create online Mind Maps, Flashcards, Online Notes and Quizzes.

4. Evernote allows you to take notes, make to-do lists, set reminders, attach files, create agendas.

5. Class Timetable: an organisational application where you can design a weekly schedule.
ATTENTION
All Parents/Carers
You can now purchase school uniforms online from Lowes. It is free delivery for orders over $100 and you can exchange sizes at the shop if needed. The website is - www.lowesschoolwear.com.au

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

Need someone to talk to?
CALL:
Kids HELPLINE 1800 551 800
Lismore HEADSPACE 6625 0200
Mental Health Line 1800 011 511
Beyond Blue 1300 789 978

P & C News for 2016
Welcome to all new and continuing parents to RRHC. It’s a great school and community. High school is a huge part of our children’s lives. A great way to stay in touch with what’s going on for them, meet the teachers and be part of the decision making process is to join the P&C.

Our next meeting will be held on:
Monday 14th March at 5.30 p.m.
Upstairs Common Room.

If you can’t make it in person, then join from 5.15 p.m. via Skype.
Send a contact request to: Richmondriverhighpandc
If you have any queries or anything you would like to raise with the P&C:
Email: rrhspandc@gmail.com
Looking forward to seeing you there.

P & C Meeting
5.30 - 7.00 p.m.
Monday
14th March 2016

WIRES Northern Rivers local 24 hour hotline is 66 281898 and the WIRES Northern Rivers website is www.wiresnr.org.au

Attention all Parents and Carers
Our newsletter 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.
Would you like to get involved in your community and help girls develop skills for life?

Lismore Guide District is looking for women 18 years and over interested in leadership. You will be supported in becoming a Leader of Guides: training, mentoring, resources and friendship. Challenge yourself as you enable girls and young women grow into confident, self-respecting, responsible community members.

Call Jacki on 0427728269 or email: jackiscutt@bigpond.com
Or to find out more about Guides visit our website: www.girlguides-nswact.org.au

Lismore Swans Junior Australian Football Club

Boys & Girls WANTED for the 2016 Season for the following Grades:

_Auskick, U7, U9, U11, U13, U15 _U17, and U9 & U13 Girls_

Training on Wednesday Afternoons at Mortimer Oval, Lismore, 4 – 5:30pm

Footy Game Days on Sundays, with Home & Away Games for most Grades

So come along and join in the fun and be part of the best & fastest growing game in Australia

For Further Information, Please contact the follow details:

President: Ian Saltfield, 0418 604881, 0266 241393 or Secretary: Yemeni Demagdo, 0439 928295
Email: saltfield@bigpond.com, Facebook: Lismore Swans Junior AFC

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_HVTC provides easy, stress free solutions to recruiting and managing apprentices and trainees._

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<thead>
<tr>
<th>School Based Traineeships</th>
<th>Job ref nº</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Certificate II Horticulture School Based Traineeship</td>
<td>SM005504</td>
<td>Port Macquarie</td>
</tr>
<tr>
<td>Certificate II Aged Care School Based Traineeship</td>
<td>SM001705</td>
<td>Griffith</td>
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<tr>
<td>Certificate II Early Childhood School Based Traineeship</td>
<td>SM007268</td>
<td>Coffs Hr</td>
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<tr>
<td>Certificate III Hospitality, Kitchen Operations School Based Traineeship</td>
<td>SM005112</td>
<td>Macquarie/Innaburra</td>
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<tr>
<td>Certificate IV Retail Operations, School Based Traineeship</td>
<td>SM005113</td>
<td>Kempsey</td>
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<td>Certificate II Water Operations School Based Traineeship</td>
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<tr>
<td>Certificate II Kitchen Operations School Based Traineeship</td>
<td>SM005111</td>
<td>Tamworth</td>
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<tr>
<td>Certificate III Hospitality, Kitchen Operations School Based Traineeship</td>
<td>SM006106</td>
<td>Port Macquarie</td>
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</tbody>
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_Apprenticeships and Traineeships_

| Certificate II in Retail Operations Part Time | SM005122 | Kempsey |
| Certificate II in Childcare Full Time | SM005113 | Kempsey |
| Certificate II in Hospitality | SM005115 | Kingscliff |
| Certificate IV in Telecommunications Full Time | SM005108 | Tweed |
| Certificate IV in Business Administration | SM005115 | Lismore |
| Certificate III in Early Childhood, Education and Care Work | SM005116 | Ballina, Port Macquarie |
| Certificate II in Engineering (Certificate II) | SM005107 | Palm Beach, Gerringong |
| Certificate III in Commercial Cookery (2nd or 3rd year) | SM005123 | Coffs Harbour |
| Certificate III in Apprentice Refrigeration | SM005124 | Coffs Harbour |
| Casual Labour Hire Positions | SM005107 | Casino |
| Casual Labour Hire Positions | SM005107 | Casino |
| Casual Labour Hire Positions | SM005107 | Casino |

_HVTC Mid - North Coast_  
Call today for more information  
Sharee Murphy  
02 6583 5355 Mob 0439 455 683  
Recruitment Officer  
Apply online @  