Northern Rivers Zone Girls and Boys Football Trials

The following students have gained selection to represent our school and zone at the North Coast trials to be held at Grafton later this month. Well done to Madeleine Nind, Jayden Allen, Bodhi Estreich, Christopher Riley and Josh Moore-Evans.

Mr Eakin
Northern Rivers Boys Football Coach

2016 CHS Northern Rivers Zone Swimming Championship

Congratulations to Madeline Nilon who was named Age Champion and won the 7 events she entered. Pleasing results also from Hayden Blanksby, Nathan Blanksby, Rattanawadi Bowyer, Ryan Everson and Samuel Gibson, well done. A big thank you to the students from the Year 9 PASS class for an outstanding job with timekeeping, your efforts are appreciated. Good luck to those students who will compete at the North Coast Swimming Carnival.

Mrs Kelso and Mr French
Relieving Principals News

Next Thursday we have our annual Open Night Expo between 5.30 and 7.30 p.m. The night is an evening for Year 6 students and their parents to get a glimpse of the educational opportunities and support that we provide. I would like to thank those Richmond River students who have volunteered their time to help out and the parents who are picking them up, we couldn’t do it without you!

I need to advise you that we have made a slight change to the consequences for the very few students who ‘wag’ or truant a class. These students will be notified that they have been identified as truanting a lesson. Parents will be notified by text. The student will receive an official caution, otherwise known as a suspension warning. A second instance in the same term may result in a suspension. The students will no longer need to attend a lunch detention. In the rare case that an error has been made the student will have 24 hours to resolve the matter by talking to the class teacher or the Deputy.

Don’t forget the School Social is on this Tuesday night.

Peter Howes
Relieving Principal

Swimming Carnival Results

This year’s carnival was a great success. Participation was very high with many students attending the Memorial Baths to enjoy the spectacle.

Behaviour was outstanding with the senior students leading the school by example.

Records were broken in the pool where Freeman had a resounding victory.

Special thanks to Mr French and the PDHPE staff for organising the event and to all students for doing the right thing.

New school records set by:
Tahi White - 14 year boys 200m Individual Medley

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<thead>
<tr>
<th>Points Tally</th>
<th>Freeman</th>
<th>690</th>
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<td></td>
<td>Gilchrist</td>
<td>605</td>
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<tr>
<td></td>
<td>Kewell</td>
<td>490</td>
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<td></td>
<td>Thomas</td>
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Girls Age Champions
12 years Shakira Jefferys
13 years Rattanawadi Bowyer
14 years Hailey Cooper
15 years Zara Danks
16 years No swimmer
17 years and over Madeline Nilon

Boys Age Champions
12 years No swimmer
13 years Joel Everson
14 years Tahi White
15 years Hugh Harris
16 years Sam Gibson
17 years and over Hayden Blanksby

We would like to respectfully acknowledge the Elders past and present of the Wijabul Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.
Extending our Reach - Can humans colonise another planet?

The Year 7 High Achievers class this week commenced a project based learning activity. This is an exciting new initiative for RRHC, Mr Scott Hogden is coordinating the program in collaboration with Ms Hinchey - Science, Mr Prince - Maths and Mr Selwood - HSIE. Over the next two terms these students will design an "Outpost" and solve challenges relating to colonising planet Kepler-452b. We look forward to seeing the "Outposts" at the end of Term 2.
RICHMOND RIVER HIGH CAMPUS

INVITES YOU TO OUR
Year 6 – 7 2017
Open Night Expo

Thursday 10th March 5.30pm – 7.30pm
Lake St, North Lismore

- BBQ at 5.30pm by the campus SRC for a 6.00pm start
- Meet the staff
- Tours of the campus
- Information on curriculum

www.richmonddri-h.schools.nsw.edu.au
Phone enquiries: 02 6621 3456

Study Tips

Year 9 Study Skills
For more information please email Emma Turner or Tracy Kelso on:

emma.dehoon1@det.nsw.edu.au or Tracy.birney3@det.nsw.edu.au
**Meditation and Personal Growth Workshop**

- Ability to work under pressure – Adaptability
- Effective Listening – Identifying Problems – Personal Management
- Expressing Feelings – Conflict Resolution – Managing stress and supporting Others

Open to students from Year 9 to 12.

Students will obtain a certificate of participation listing the employability skills above.

**Cost:** Free

**When:** Thursday 17th March 2016

**Where:** Richmond River High Campus

**Time:** 9:30 a.m. to 3:15 p.m.

**Places:** 12

Limited spaces so register your interest with Mr Weir in the careers office asap.

**Eden Weir**

**Careers Adviser**
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 our
AGM Meeting 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: rhspandc@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.
Safe on Social Media

Richmond River High Campus would like to invite all parents and carers of our students to a brief talk by ‘Safe on Social’ on how we all can safe-guard our information security, online privacy and identity when using Social Media. Our young people are using a wide range of social media platforms every day. We believe one way we can help them safely navigate this ever increasingly complex and changing online world is to understand it ourselves.

‘Safe on Social’ is a company which specializes in information security and privacy, identity and access management and risk and crisis management strategy specifically relating to the social media realm. In 2015 ‘Safe on Social’ became one of the first companies in Australia to be accredited by the new Office of the Commissioner of Children’s eSafety for their work in schools across Australia.

On Monday, 14th March at 5:30 p.m. - 6:00 p.m. the founder of ‘Safe on Social’, Kirra Pendergast, will be talking to parents and carers in the River Theatre, Richmond River High Campus.

On the following Tuesday and Thursday that week each year group will also have the opportunity find out what they didn’t know about Facebook, Snapchat, Instagram, Kik, Tumblr and YouTube.

Richmond River High Campus considers the eSafety of our young people a priority and therefore we have also commissioned a booklet to help guide our students to manage their online security and identity. Copies of this will be available for parents and carers on Monday evening.

Mr A Piper
H.T. Welfare

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**BRAVE Self-Help** is an online program for the prevention, early intervention, and treatment of youth anxiety. It was developed at The University of Queensland by experts in youth anxiety and has now been running for over 14 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing anxiety in children and adolescents. It has helped hundreds of children experiencing social anxiety, shyness, separation anxiety, phobias and general worries.

**BRAVE Self-Help is now available to use at home for free due to the support of beyondblue.** Any Australian young people who would like help with anxiety can access the self-help program via [https://brave4you.psy.ug.edu.au/](https://brave4you.psy.ug.edu.au/). The program can be accessed through any computer or tablet device, at any time and includes up to 10 sessions for youth. Parents can also take part in a separate parent program to learn ways of helping their child or teenagers manage anxiety. Teachers, young people and parents can also find out more about the program or take a trial or any of the programs through the BRAVE website.
Richmond River High Campus would like to support the Jane Goodall program. Please leave your old mobile phones in the recycling box located in Student Services and the Science staffroom.

HELP CONSERVE CHIMPANZEE HABITATS WITH YOUR OLD MOBILE

Simply donate your old mobile phones and accessories to the Jane Goodall Institute Australia to help conserve chimpanzee habitats.

All mobile phones and accessories will be responsibly reused or recycled. All data is destroyed.

For more information visit janegoodall.org.au/mobile-phone-recycling/