



Lismore High School Newsletter

Dalley St Lismore Ph: 66215185 Fax: 66222940 Email: lismore-h.school@det.nsw.edu.au

Website: www.lismore-h.schools.det.nsw.edu.au

RESPECT YOURSELF RESPECT OTHERS RESPECT LEARNING RESPECT THE ENVIRONMENT

Issue 19

27th November 2012

Relieving Principal's Report

Lismore High School Providing So Many Opportunities

On Friday 23rd November, Lismore High School was transformed into a hive of creative activity as students under the direction of Mr Wappett (Music), Mr Nelder (Drama) and Ms Pine (Dance) organised themselves for a performance for the whole school in Periods 5 & 6. Prior to this, Mrs Evans with student volunteers and help from other staff members had provided everyone with a sausage sizzle lunch. They then went into the Hall where they were entertained by a glittering array of talent. Despite a power outage that nearly threw everything into disarray, the students and their teachers produced highly entertaining and varied performances which had the whole school spellbound. Well done to all those who played a part in this wonderful event. Congratulations to Taholo Renagi and Tom McMahon of Year 10 who had the idea and to Mrs Evans who encouraged and guided the organisation. To Mr Wappett whose calm, considered and organised approach to the whole event ensured that it ran well, congratulations and thank you. To Mr Wappett (again), Mr Nelder and Ms Pine who are able to elicit such sparkling performances, well done and thank you. To the whole school- students and staff- who were the appreciative audience - thank you for your respectful appreciation and co-operation. It made me very proud and happy to be part of Lismore High School.



I also had the very great pleasure in attending the Year 12 Formal at the Workers' Club on November 14th. Again this was a glittering and wonderful event that was well organised by Mrs Best and her helpers, Mrs Dean, Mrs Templeton and Mrs Pruess. Particularly impressive was the excellent effort by the Year 11 Organising Committee who performed a myriad of tasks throughout the day and still managed to attend the Formal looking absolutely gorgeous. I am also aware that Mrs Best was supported by our Office staff, under the direction of Mrs Bennett, the GA, Mr Miller and many others. It was well worth the effort as the whole night was a testament to the team approach and co-operative

Memories to last a lifetime

*Purchase your
Lismore High School
2012*

Lens Magazine

\$25.00

Form the office



Calendar Of Events

November

- 26th * Year 10 Work Experience Week
- 29th * Year 5 Enrichment Day

December

- 3rd * Year 10 Tyalgum 3 Day Camp
Leaving 9am return LHS Bus Bay 7:15pm
- 4th * Year 6 Transition Day
* Year 7 Excursion-University Opens Up
Your World
- 6th * Year 7 Portfolio Presentations 9am to 3pm
* Year 10 Becoming a Senior
- 11th * Year 10 Portfolio presentations 9am to
3pm
- 13th * LHS Christmas Party-see page 5

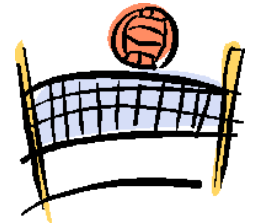
Advanced Notice

- 17th * Presentation Night 7:30pm—LHS hall

effort that exists at Lismore high School. Mr Kitching was the MC and he ensured that everything ran seamlessly. All the Year 12 students looked superb and it was a pleasure to take part in their Graduation. Their parents/ carers, friends and families were very appreciative of the effort of all those involved in the organisation. Well done Lismore High School.

I have also had the pleasure of perusing the 2012 Lens magazine which has been co-ordinated by Mrs Betts. This is a very impressive publication and has within it reports and photographs which cover every aspect of school life. I would commend this wonderful publication to every student and family as a worthy and valuable memento of school life. Mrs Betts has worked tirelessly to produce the Lens and is to be congratulated for the high standard of the magazine. It is available from the Front Office for \$25.

There have been numerous sporting events in the past few weeks and the staff and students who have participated are to be commended for their sportsmanship, skill and dedication. The boys' Volleyball Team were narrowly defeated but they took defeat nobly. I am so proud to receive advice on all the sporting teams' performances and equally proud to hear stories of their excellent behaviour and sportsmanship.





I have also been involved in the Year 9 and Year 11 Portfolio Interviews held recently. Mrs Josey and Mrs Stickens are to be congratulated for their excellent organisation of these interviews. The teachers, students and community members who have participated on the panels have been impressed by the calibre of our students and their pleasant and friendly approach. It was wonderful being able to listen to students talk about their work, their pleasure in receiving grades which reflected their effort and their insight into how to improve. This is a highly valuable and worthwhile school event – well done to all those involved. I look forward to being part of the Panel team who meet with Years 8 and 10 in the next couple of weeks.



This week our Year 10 students are involved in Work Experience as part of their Careers Program. Mr Jeffrey and Mrs Graham, Year 10 Advisor, have worked conscientiously to ensure that the majority of Year 10 students are engaged in meaningful activities. Those students who were unable to organise Work Experience are to attend school and use the time to complete any outstanding assignments. I look forward to hearing how these students progressed.

Year 11 students also attended the RRISK Days at Southern Cross University. I have had reports of their total engagement and involvement in all the workshops and activities. This is also a very worthwhile event as it encourages students to Reduce Risk and Increase Knowledge in the wide array of social settings which confront young people. Well done to Mrs Dignan, Year 11 Advisor for ensuring that the Year 11 students were able to attend.



 At the Assembly last week Ms Danielle Fisher, from SCU, presented Tim Jeffrey and Ashleigh Lutze with Certificates to commemorate their successful completion of the Head Start program.  They have already completed part of a university subject while completing their Year 11 studies. They will receive Advanced Standing at university for doing so. Their academic endeavour is to be applauded and commended.

Also at the Assembly, Hannah Sky, Year 10, spoke very eloquently to support Mrs Josey's and my request to students to wear the school uniform correctly and with pride. The theme of respect for themselves and the school was emphasised in a very respectful and considered manner. It was pleasing to see fewer 'tights' and inappropriate skirts and 'hoodies' the next day. We are proud of Lismore High and its students and the wonderful opportunities it offers its students and we want everyone in the community to recognise this. One of the easiest ways we can do this is by wearing the uniform correctly and with pride.



It was also my pleasure to attend the Lismore City Remembrance Day Service with Tahlia Smith, girl Captain and Brenna Simpson, girl Vice Captain. The girls placed flowers as a memorial to all those who had fallen in war. Tahlia and Brenna represented the school with considerable dignity.



Building Our Capacity Consultation Discussion Paper Released

After months of extensive consultation with students, parents/ carers, staff and community members the Building Our Capacity Discussion Paper was released last week. This presents a Proposal for the development and promotion of public education in the Lismore area. Mrs Toni Hughes, the Project Consultant and Mrs Di Williamson, Project Officer, have worked tirelessly to collate the results of the extensive consultation. They have worked in conjunction with the LEAG (Lismore Education Advisory Group) which consists of parents, teachers, SASS and community members including representatives from the Lismore City Council, SCU, AECG and TAFE, to ensure that their directions and findings were reflective of the participants' contributions.

Information regarding this consultation is available at the website www.buildingourcapacity.com.au and email contributions to the Building Our Capacity P- 12 consultation can be sent to Lismore-DEC@det.nsw.edu.au . There is also an opportunity to respond through a survey format through Survey Monkey: Discussion Paper Response: <https://www.surveymonkey.com/s/2659HZK>. I would encourage everyone to access these response opportunities and help determine the future of Public Education in the Lismore district.

Changes For 2013

Each family will receive a letter prior to the end of the 2012 school year, outlining the change in Bell Times for 2013. The LCoSS (Lismore Community of Secondary Schools) concept has been broadened to increase the subject selection offerings for the Senior School. This has necessitated a change in the start time for Years' 11 and 12 students to 8:30am and the Junior years 9:10am. All students will finish at 3:20pm. Some Year 11 and 12 students who attend TAFE or are involved in VET classes on a Wednesday will finish later. This is an exciting time for the three high schools as they work together to provide the best education for all students.

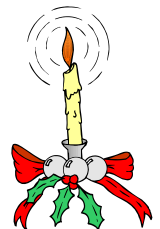


Future Events

While there is only four weeks of school remaining there are still many events to be completed. Students in Years 7,8,9 and 10 will receive their Yearly Reports and the Annual Presentation Assembly will be held on Monday 17th December at 7:30pm in the Hall. I look forward to seeing you at the Presentation Assembly. School concludes for students on Wednesday 19th December. Regular attendance is required until this date. Lismore High provides its students with many opportunities and all are encouraged to be involved in all it has to offer.

P & C Christmas Dinner

I would like to invite all parents/carers and staff members to the Annual P & C Christmas Dinner which will be held on Thursday 13th December at 6pm at the New Tattersall's Hotel for a cost of \$28 which is to be paid at the school Office by the 3rd December. Please come and join us and celebrate the achievements of 2012.



*Ms C Grieves
Relieving Principal*

WOW! Year 7 takes control!!!



I'm so proud of you

Today I was supervising in the Library as usual during lunchtime, when thirteen Year 7 students came in and said they wanted to talk to me. I often have two or three students coming to see me, but thirteen?!?! And this was a very mixed group of students - not people who would usually socialise together. There was an air of determination and focus about them; they were all on a mission - and, perhaps for the first time, they were all on the *same* mission.

We sat down in a circle and they told me that a Year 7 student (who we'll call 'X') had been picking on another Year 7 student (who we'll call 'Y') - names are not important here. The group of students said it had been going on for some time, and they were sick and tired of it. X had been asked by one of them to stop, and had responded "Maybe". This wasn't good enough, they decided, and so they had come to see me.

I asked them to wait, and went to find student X in the playground. We returned to the Library together, and joined the group. The students all talked about what was going on and about how they felt. By this stage, a few more Year 7s had wandered past and sat down, thinking they might be missing out on a Year meeting!

Everyone listened to each other, had a think, and spoke their mind. It seemed that both X and Y had their reasons for doing what they did, but all had a chance to speak, and accepted the message. The size and unity of the group made that message strong, much stronger than any teacher's lecture would have been - teasing and bullying behaviour is not cool or acceptable, not because teachers say so, but because Year 7 know what they want. Perhaps even more importantly it demonstrated the support those students are prepared to provide for their peers, regardless of who they are. That they had all worked together on such a level made me feel really proud of them all (including X and Y!), and privileged to be their Year Adviser. Go Sevens!

*Ms Fraser
Year 7 Adviser*



Year 7 Conduct an Experiment

In Science, 7T have been conducting an experiment to see the effects of different types of fertilizer on the growth of sunflowers. The results show that whilst there is no difference between liquid and slow release fertilizer, there is a clear benefit to fertilising the flowers. The plants with no fertilizer were half the size of the other two groups, and we had some beautiful flowers too!

Jim McInerney—Teacher



Lismore High School Community Christmas Party

An Invitation from LHS P&C to

Lismore High Community members

P&C, School Council, staff, volunteers, parents

EVERYONE WELCOME!!

The New Tattersall Hotel (Keen Street)

6.30pm Thursday 13th December (Drinks from 6pm)

Main & dessert \$28 (set menu)

Name & money to school office by

Monday 3/12/12 (sorry no refunds)

Hope to see you there

Michelle Simpson—P&C President

For more information please contact the school on 66215185





REMEMBRANCE DAY



Remembrance Day 2012

November 11th fell on a Sunday this year so Lismore High School held its Remembrance Day Service on the preceding Friday. Senior students Tahlia Smith, Brenna Simpson, Tim Jeffery, Amelia Lister, Sam Anemaat, Caitlin Stenner and Joel Wilson presented the ceremony with Mr Smith. The focus for this service was the 70th Anniversary of the Kakoda Trail and the significance of the campaign for Australia and how hard it was defended.

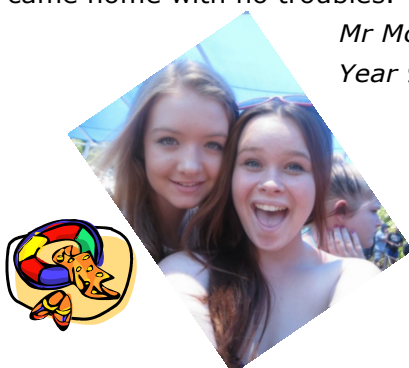


Year 9 Wet n Wild Reward Excursion

The reward excursion this year for Year 9 was Wet n Wild. We all went up in one bus with no troubles. Had a great time at the theme park and had no troubles. We almost came home on time with no troubles but three of the boys were stuck on top of a slide and could not get down. Eventually they got down and we all came home with no troubles.



*Mr McInterney
Year 9 Adviser*





Year 10 and 11 Hospitality Barista Course

On the 9th and 22nd November students from Years 10 and 11 had the great opportunity to participate in a barista course at Wollongbar TAFE. The course offered hands on participation, where students extended their knowledge of the espresso machine. They made a great range of coffees as you can see from the pictures

*Mrs K Evans—Hospitality Teacher
and Mrs D Baker- Head Teacher TAS Hospitality*



Year 7 Reward Excursion



Last Friday Year 7 headed off to Ballina Pool and Waterslide for a simply splashing day out. There was singing on the bus on the way down, plenty of sunshine, and lots of laughs on the waterslide and around the pool. The teachers had a very strenuous day testing the quality of the kiosk beverages, and a couple of them even braved the big waterslide in a moment of madness. (Ouch!)

The students (and the staff) behaved themselves beautifully on the day; as Year 7 Adviser I was very pleased to see students interacting and supporting each other in many little ways – these excursions are great for getting away from the everyday drill of school, and seeing students show their true colours out in the real world. We've got plenty to be proud of in Year 7 at Lismore High.



*C. Fraser
Year 7 Adviser*

P & C Purchase Resources

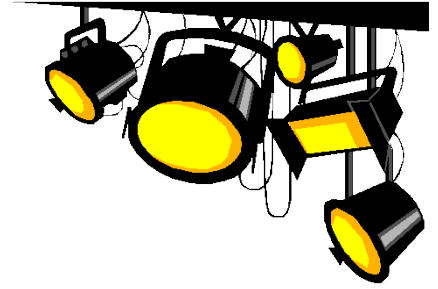


Thanks to a grant from the P & C we have been able to purchase a 'Ready or Not Tot'. This newborn simulation doll allows our students to experience the realistic care of a newborn. Our students are realising that parenting is hard work and that a great deal of time and energy is required. The students care for the doll (named Issey) for a 24-48 hour period during which they experience both the negative and positive aspects of caring for a baby. So far no student is having a baby until well into their 30's!!

The P & C also purchased a new sewing machine. To be used by Years 7 and 8 Technology students, elective Year 9 and 10 Textiles Technology students and Senior Textiles and Design students. We would like to thank the P & C for continuing to help us have up to date technology in classrooms for students use.

*Mrs Baker with Mrs Stewart-Jones
Child Studies Teachers*

Lismore High's Got Talent



It's Saturday morning and I'm on the mower. I have a huge amount of lawn left to mow and almost zero energy – but still I'm feeling happy. I'm feeling satisfied. I feel content and, dare I say, proud. I'm sure I'm not alone. I'm sure there are so many more of you out there – all the performers, MCs, staff and students who helped make "Lismore High's Got Talent" the fun and successful afternoon that it was.

The students were entertained by some very talented performers from all years in dance, drama and music and were able to share in and enjoy the creative pursuits of our students. In addition to this, I see things very differently from my perspective and I'd like to share with you what I witnessed.

- I saw musicians who practiced hard, rehearsed to improve and then delivered quality performances. No "Prima Donnas", no egos, no tantrums.....all working together to achieve a common goal.
- I saw dancers who gave 100% commitment to deliver fun and exciting routines filled with technique and skill. Some of the senior dancers are the most reliable, proficient and helpful students I have ever been involved with (and I've done countless school shows)
- I saw the School Captains "steering the ship" as MCs and doing an amazing job of covering the power failure (that looked like ending the show) with a mixture of quick thinking, ad libbing and organisational skill.
- I saw drama students, some of the youngest in our school, take to the stage during the power failure and deliver their piece with strong voices showing commitment to the script and a great "show must go on" attitude.
- I saw staff enjoying the talents of our students and others madly trying to rectify power issues all with good humour and school pride.
- I saw students cooking barbecues, helping with set up and working in all areas of the show.
- I saw our students in the audience enjoying the entertainment in a positive and mature manner. Many spoke to me of their enjoyment and their desire to be involved in later shows.
- I saw all our performers learn valuable lessons that no classroom, text book, whiteboard or computer program can teach them.

You see, school shows are about so much more than some kids doing a few songs, dances and skits. Education is about so much more than sitting in a classroom listening to a teacher. Life is about so much more than sitting idle and never contributing. Get involved in opportunities you are offered. Perform, join a sporting team, debate, join a club, volunteer, participate..... Work hard and enjoy the greatest rewards in life – satisfaction and pride.

Well done Lismore High!



*Mr. Wappett
Music Teacher*

Alcohol, Illegal Drugs, Driving and Roadside Testing

Driving under the influence of alcohol and/or drugs impairs driving skills. A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means **NO ALCOHOL** before driving.

Any driver, motorcycle rider or supervising licence holder may be required to undertake roadside testing for the presence of alcohol and/or illicit drugs. Roadside drug testing will detect the following three illicit drugs:



Delta-9-tetrahydrocannabinol (THC), the active component of cannabis.

Methylamphetamine ('ice', 'speed', 'crystal meth' 'base' etc).

Methylenedioxymethylamphetamine (MDMA or 'ecstasy').

Driving after using cannabis results in longer reaction times, alters distance and time perception, lowers concentration, coordination, alertness and ability to react, and narrows or blurs vision.

Driving after using stimulants such as ecstasy and speed/ice increases risk taking and aggressive driving cause's loss of concentration and blurred or limited vision. The effects of cannabis, ecstasy and speed can last and be detected up to 24 hours after use. Combining drugs or taking drugs with alcohol increases impairment and risks.

Of those who reported driving on drugs, the most common drug was cannabis at 81 per cent followed by ecstasy at 13 per cent and speed at 10 per cent.

Suggestions for parents

Familiarise yourself with how drug education is being taught in your young person's school.

Keep up to date with the latest information on alcohol, cannabis and other drugs and their effects, so you can have a credible conversation with the young person in your care.

Remind your young person to only travel with a sober and responsible driver who is not under the influence of alcohol or drugs. Discuss how they are getting home and be willing to collect them if they feel they are at risk.

Use TV reports, anti-drug commercials, school discussions about drugs, or a website to help you introduce the subject in a natural, unforced way.

Resources:

www.rta.nsw.gov.au and www.geared.nsw.gov.au

www.drugsdriving.adf.org.au

www.ndarc.med.unsw.edu.au Follow links to Drug Information: Fact Sheets

www.ncpic.org.au for information on cannabis

www.youthsafe.org

www.yourroom.com.au

www.rrisk.com.au for information about the RRISK program, drug use, risk taking

