

# Lismore Highlight



## Lismore High School

Success with Pride

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ISSUE 12 | TERM 4 | WEEK 7

## Selfless Saint receives honours



### Emily Briggs

Emily Briggs has received recognition for the hard work and commitment to help others with her busy life both at school and away. In 2013, Emily won a Black Opal award for achieving over 200 hours volunteering work in local primary schools. This was a NSW Department of Education and Communities award as part of the Students Volunteering Awards Program.

Emily is the LEO Club Lismore High School President, and shows maturity and care beyond her years. Her two youngest brothers fall within the Autism Spectrum Disorder and Emily supports her mother with daily house duties, while also helping operate the autistic community centre from their family home. Emily also supports all siblings of autistic individuals, guiding and helping them to better understand and accept the challenges associated with living with siblings with special needs.

Emily has also begun a sibling support group in conjunction with The Centre of Gravity High Functioning Autism and Asperger Syndrome Community Centre. Activities and outings are organised to give siblings a chance to enjoy themselves while being with others who understand what it is like to live with someone who has challenges. Emily also works part-time and attends high school where she maintains her grades. Emily's mum says she is her rock and she couldn't do what she does without the love, understanding and assistance Emily gives her, whether it's in cooking dinner, dealing with meltdowns or calming a stressful situation.

Due to all of her fine efforts and contributions, Emily was awarded for her outstanding achievements at the Life Without Barriers National Careers Awards in Sydney last month. Well done Emily, your positivity and selflessness is an inspiration to us all.

Teachers Emma Pruess and Ian Browne

## CALENDAR - 2014

### WEEK 7 (DAY 6-10)

Friday, 21 November Robotics Challenge overnight excursion—QUT

### WEEK 8 (DAY 1-5)

Tuesday, 25 November Year 5 Advantage Program  
CHS North Coast Cricket Trials  
P&C Xmas party RSVP required today via the office - see below Mrs Bennett 66215185

Wednesday, 26 November High5s Enrichment Program  
Year 6 Orientation Day (1 of 2—2nd being 3 December)

Thursday, 27 November Year 5 Advantage Program  
Qld Tertiary Institutions overnight excursion

P & C Xmas Party  
Invitation extended to staff, students and parents  
Lismore Workers Golf Club  
(East Lismore)  
6:30pm

### WEEK 9 (DAY 6-10)

Monday, 1 December Year 12  
Hospitality workplacement

Tuesday, 2 December Year 7 Portfolio Interviews  
AIME - SCU

Wednesday, 3 December Year 6 Orientation Day

Thursday, 4 December White Card training  
-\$45 payable by the 26/11/14

### WEEK 10 (DAY 1-5)

Monday, 8 December Presentation day  
(Time TBA)

Wednesday, 10 December Tullebudgera Excursion  
- returns Friday 12 Dec 3pm

P&C meeting  
NOTE START TIME 5:30PM  
- EVERYONE WELCOME -

# Year 9 Celebration Cakes

Year 9 Food Technology students completed an assessment task on celebration cakes last week. Students had to plan an event and make and decorate a suitable cake for the event. Students did a fantastic job as you can see from the photographs.

Deb Baker  
TAS—Head Teacher



## Southern Cross University Head Start Program





## Principal's Report

As we near the end of the school year the activity in the school increases. We had the University of Newcastle at the school interviewing students, staff and parents as part of the joint Department of Education and Communities and the University of Newcastle, Aspirations research project. The Aspirations research has provided us with the knowledge of our student aspirations for the future. The project has been running now for the last two years and will conclude at the end of 2015.

On Friday the 7 November I met with the school planning team, consisting of staff and students, to continue with the development of the school plan. The team identified six areas of improvement in the school for the next two years. I would like to thank the school leadership team of prefects for their involvement. Students were paired with teachers as they worked on strategies for improvement. I would also like to thank the Head Teachers and teachers who contributed on the day. The draft plan will be ready for consultation with the school community at the beginning of 2015.

I would like to remind students that Year 10, 11 and 12 are entitled to wear the school blazer. Blazers are being subsidised by the school and only cost \$40-50. Due to the increase in demand the date for ordering has been extended till December 1<sup>st</sup>, 2014. Please see Mrs Best about sizes and ordering a blazer.

The school formal was held on Wednesday 12<sup>th</sup> November at the Lismore Workers Club. It was a spectacular event and the centre focus were our great Year 12 students. The venue looked fantastic; special

thanks to the students and staff who spent a massive amount of time preparing the hall. The event went well with the formal and informal aspects. This is a special year as it will be the last one Mrs Colleen Best will organise, as she is taking leave pending her retirement. Colleen has been involved with, or run the formal for more than 21 years.

The High5s program has moved onto the last phase, which is creative arts. Students are being involved in a variety of art and photography projects. After talking with the Year 5 students their feedback on the program has been very positive.

I would also like to acknowledge our Year 11 and Year 12 students who undertook or completed courses through the Head Start program through Southern Cross University. A number of students performed successfully when undertaking the university courses while they are completing their Higher School Certificate. There are always students from our school who undertake the program.

The school was successful in completing the Vocational Education and Training (VET) audit that was held on the 6 November. The teachers did a fantastic job during the audit, with no non-compliances. The facilities of the school were positively commented on by the Auditor. My thanks to the VET teachers and in particular, Deb Baker, Head Teacher Technology and Applied Studies who coordinated the school component of the audit.

Nigel Brito  
Principal

## Class of 2014



## Year 8 Movieworld Excursion

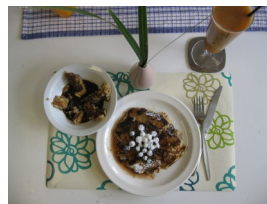
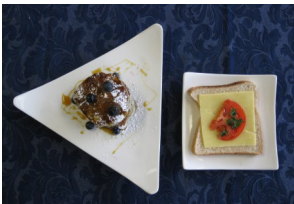
On Friday the 15<sup>th</sup> of November, Year 8 embarked on an adventure to Movieworld. This excursion was a reward for all of their hard work throughout the year. It was a great way for the students to bond with each other. They faced some fears together by going on exhilarating rides. The support they showed for each other was testament to their character. All of the students had a great day and represented Lismore High School with pride.

Nathan Chadderton  
Year 8 Advisor



## Year 7 Home Economics Breakfast

Year 7 has just finished designing and preparing their breakfast. This had to include an egg and incorporate the five food groups of: fruit, vegetables, meat and meat alternatives, dairy and cereals. Students made some great meals and presented them well.



## Supervising your Learner Driver (L)

### Tips for Parents

- Safe driving takes time and practice – it is more than just operating a vehicle.
- Plan for a variety of driving experiences (e.g. different road conditions, weather conditions)
- Shorter drives can be useful early on.
- Reduce the risk of distraction (e.g. turn off mobile phones)
- Keep instructions short and clear.
- Be positive and acknowledge when your teenager does well rather than criticise.
- At the end of a drive reinforce achievements and discuss areas to work on.
- Real on-road driving experience is more beneficial than 'advanced' or 'defensive' off-road driver training.
- You and your young driver should read the Road Users Handbook (NSW road rules) and understand the licence conditions.

visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) or visit your local Council's website.

**REDUCE RISK - INCREASE STUDENT KNOWLEDGE**

[www.rrisk.com.au](http://www.rrisk.com.au)



## Deputy Principal's Report

Last week on Remembrance Day, 11<sup>th</sup> November, I accompanied our School Captain and Vice-Captain elects to the 11.00am ceremony at the Lismore cenotaph. Our students were exemplary in their participation, with Jesse Lennon delivering the *Prayer to the Nation*. As a group the Captains laid a wreath in remembrance of those who have fallen in war, defending our country and freedom around the world. In 1918 it will be 100 years since warfare ended on the Western Front in Europe, which Remembrance Day signifies. Our country has developed and come a long way since then. Also in 1918 it will be 100 years since the foundation stone for Lismore High School was laid by the then state member for Lismore, George Nesbitt. The Nesbitt awards are still part of the School's student achievement annual presentation.

Lismore High School was later established in 1920, being only one of five high schools outside the Sydney Metropolitan area, and became the largest high school in NSW in 1957 with an enrolment of 1,438 students.

While our student population is today smaller, Lismore High School is maintaining its traditions. The 2014 year group have led our school in re-establishing a more formal school uniform that includes a blazer and tie for senior students. Our students are very proud of this. Our students and staff have worked hard in teaching and learning with the 2014 NAPLAN results for Years 7 and 9 showing high growth in results. There has been excellence demonstrated in the classroom.

I have talked often about Lismore High School being strict with student behaviour expectations. In 2014 the school's attendance data for students is improved and the number of behavioural suspensions will be significantly down on the 2013 year. This is the result of students' families and the school working together to support students. Our students know that we are 'fair dinkum' about the school rules and have high expectations around them, which most meet at all times.

The name of Lismore High School has a long and proud history in our town and community. As we move toward 2015, we have a larger Year 7 group commencing and the school will be part of the *Rivers Secondary College*. Like our nation, the school will continue to evolve with staff committed to maintaining traditions that are an integral part of its being.

Phil Meehan  
Deputy Principal



Remembrance Day ceremony at the cenotaph

## SRC Report

On Friday 31<sup>st</sup> October, Lismore High School's Student Representative Council got together with SRC members from other schools in The Rivers College. Kadina High School hosted the lunchtime meeting. It was an excellent opportunity for our students to network with SRC members from Richmond River and Kadina High Schools.

The meeting started with a presentation by John Baker, the Principal of The Rivers College. He spoke to the students about plans for the Rivers College of secondary schools, and what this will look like in the future. In particular he spoke of the vision of unity that The Rivers College represents and his excitement about future activities, such as The Rivers College musical, which is planned to run next year, incorporating the performing arts talents of students and staff from the Rivers College.

Each school had the opportunity to speak to the group about SRC activities that have been achieved in their school and their plans for the future. The students shared ideas and brainstormed ways in which the three student councils could work together in the future. Ideas that were raised included running combined schools socials and excursions, and having regular meetings of the combined Student Councils. Our students contributed to discussions articulately and enthusiastically and were excellent ambassadors for Lismore High School.

Amy Chapman  
SRC Coordinator

# BASKETBALL REPORT

## Trinity Invitational Basketball

On Wednesday 29<sup>th</sup> October, four Lismore High School basketball teams played in the Trinity Catholic College Invitational Basketball Tournament. Each team played three games during the day and came up against some very tall and very experienced teams including those from Trinity, Woodlawn, and Xavier College.

Basketball is only just starting to build momentum again at Lismore High School and whilst our teams were unlucky not to win more games at the tournament, we never gave up and we played in the right spirit of the game...a credit to all those involved. The players enjoyed the day and I'm sure they look forward to the next tournament...and more training!!

Opposition coaches on the day were asked to pick a Most Valuable Player and an Encouragement award for each of our teams, these went to;

Junior Girls Most Valuable Player –Jakira Toniello  
Encouragement Award – Maddi Virtue

Junior Boys Most Valuable Player – Josh Ford Daley  
Encouragement Award – Cooper Marsh

Senior Girls Most Valuable Player – Chloe Jeffery  
Encouragement Award – Madi Little

Senior Boys Most Valuable Player – Johnny Paden  
Encouragement Award - Dylan Davies

## Mole Day

Amadeo Avogadro, an Italian chemist was trying to understand the results of his experiments, He realised that if he made sure he had the same number of particles in each experiment it all made much more sense. The number he used was  $6.02 \times 10^{23}$ , called the Mole. On October 23<sup>rd</sup> (10/23) chemists all over the world celebrated Mole Day, and we participated by having a pizza party (favourite food of chemists), and singing the Mole Song – it's on You Tube.

Jim McInerney  
Science Teacher



## Year 7/8 North Coast Shield

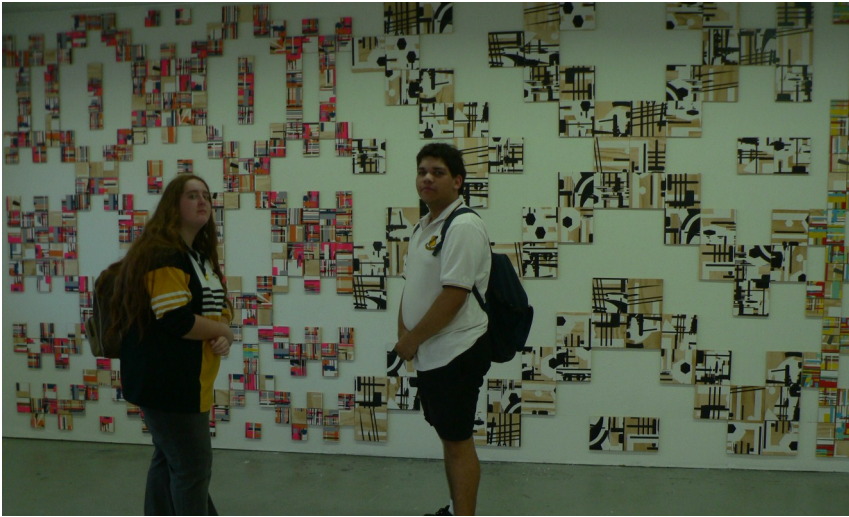
On Monday 10 November Lismore High School entered a boys and girls team in the North Coast Shield competition. The girls team came up against Trinity and Xavier Catholic Colleges, two teams who have been training and playing together regularly. Our girls couldn't quite match up against these two teams on the day, but gave a wholehearted effort and will be better off for the games. They did, however, have a shortened game against a Trinity boys development team and won that game by a couple of points. It was a great effort by our team and we thank Trinity for the opportunity to play the game. We eventually came third on the day with Racquel Smith being awarded the Encouragement award by the referees and coaches.

The boys team faced some stiff opposition from Trinity (2 teams), Xavier and Woodenbong Central School. Once again the boys played really well but couldn't match the height and teamwork of the other teams. The boys had really good games against Woodenbong and Trinity B and lost by 1 and 2 points respectively. Against the better drilled sides our lack of cohesion and playing/training time together was apparent. The boys did not give up and competed until the final whistle. Cooper Marsh was awarded the Encouragement award by the referees and coaches.

Mr Caught and I would like to acknowledge how well our teams have been going. The games may be lost but both teams have been showing real promise, training well and have a great attitude and respect for other teams and officials. The old saying of "It is not whether you win or lose BUT how you play the game" stands out for our teams. We will get better and we will win games as long as our attitude to the game doesn't change.

Good Work!!  
Mr Jeffery and Mr Caught

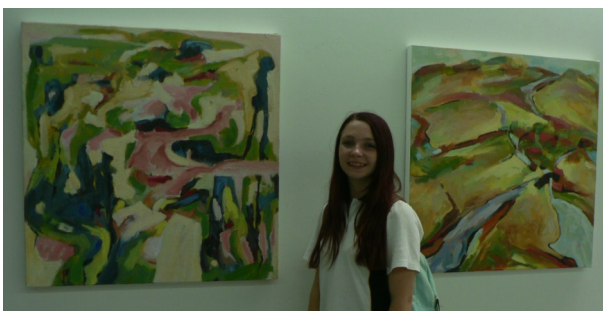




## Lismore High School Visual Arts students visit SCU Visual Arts Graduate Show

On Friday 31<sup>st</sup> October thirteen Visual Arts students from Years 7 – 11 visited the Southern Cross University Visual Arts Graduation Show. These students took the opportunity to view an exhibition by final year Visual Arts students at their local university and were excited to see such a diverse and interesting range of artworks. They were particularly impressed by the fact that some works were interactive, and excitedly engaged in leaving their mark on the works. All of the students expressed their appreciation at being able to see the exhibition.

Roz Myles  
Visual Arts  
Teacher



## November

Lismore High School is participating in MOVEMBER!

### About Movember

The Movember Foundation is the leading global organisation committed to changing the face of men's health. The Movember community has raised \$580 million to date and funded over 800 programs in 21 countries. This work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems.

The Movember Foundation challenges men to grow moustaches during Movember (formerly known as November), to spark conversation and raise vital funds for its men's health programs. To date, 4 million moustaches have been grown worldwide, but we won't stop growing as long as serious men's health issues exist.

As a school we have made a commitment to help raise funds for this fantastic cause, so far we have a few staff members who have taken up the challenge and are sporting some unique facial hair! The SRC will be holding a sausage sizzle towards the end of the month and will also be selling fake moustaches on the day. Students will be able to vote for the best moustache at school.

But seriously we need to raise some funds for this great cause and all you have to do is go online at <http://au.movember.com/> hit the donate button and then search for LISMO HIGH, when the site comes up, hit the button that says DONATE TO TEAM and make a donation. Donate a little or donate a lot...it is going to a good cause!

## Cricket U14's

This term the U14s Cricket Team played in the annual Lord Tavernier's T/20 Competition. The team had a strong start against St Mary's Casino. Jakira Toniello (3 for 3), Cooper Marsh (2 for 2) and Joshua Ford-Daley (2 for 7) kept the opposition to a reachable total of 63. Nashua Pacey (26 ret) and Cooper Marsh (17) began the chase with confidence, leading us to an 8 wicket win.

Our 2<sup>nd</sup> game we faced Richmond River. Winning the toss and electing to bat, Nashua backed up with a duck in the first over. Riley Gregor (19) tried to steady the ship, but fell short at a team total of 49. Jakira (2 for 4), Alex Battese (2 for 7) and Reece Gregor (2-11) gave us the upper hand with Richmond River 9/32. Their number 11 batsmen weren't what the team expected, hitting 2 consecutive 4's and a 6 to win the game.

In the regular school knockout competition, after a forfeit by Casino, we came up against Alstonville. Our bowling and fielding was impressive with Reece (2 for 10) and Jakira Toniello (3 for 5) demolishing an older opposition, containing them to a total of 132. Reece (35), Nashua (25), and Riley (18) got us to a quick and confident start. Unfortunately we had a middle order collapse and came 23 runs short.

Well done team! Looking forward to seeing many wins in the years to come.



(absent: Jacob Dudgeon and Braden Smith)

Mr Caught  
PDHPE/Mathematics Teacher



## V8 Supercars Excursion

Mr Jeffery organised the Lismore High School Excursion to the Gold Coast for the V8 Supercars on Friday November 24<sup>th</sup>. The weather was great and a full busload was able to take advantage of the trip.

It was a practise day so in between practice sessions some students got to do a walk along pit lane and see the cars and drivers preparing them.

Students enjoyed the day and teachers Mr Amor, Mr Marshall and Mr Smith were pleased with the excellent student behaviour. While the weather was uncomfortably hot, the noise of the cars probably took longer to recover from.



## ASPIRATIONS SURVEY

The Aspirations Longitudinal Study is a significant four-year research project that is the first of its kind to seek a comprehensive insight into the factors that shape the career and educational aspirations of students in the middle years of schooling.

Parents and carers of students in Years 7, 9 and 11 at Lismore High School are invited to complete the annual Aspirations Study survey. If you would like to participate you can complete it online at:

[https://www.surveymonkey.com/s/PC\\_Lismore\\_HS](https://www.surveymonkey.com/s/PC_Lismore_HS)

You do not have to fill in this survey if you don't want to. However, completing the survey will help us with this important research. We ask you to answer every question if you can. This survey asks questions about your feelings and opinions. There are no right or wrong answers. Your survey responses will be used along with other information to write reports. The information will help schools to better support students.



## P & C News & Xmas Christmas Party

All P&C members, LHS staff and students are invited to a great end of year get together.

Thursday 27 November  
Lismore Workers Golf Club  
(East Lismore)  
At 6:30pm

RSVP to Mrs Bennett by Tuesday 25 November on  
66215185

On behalf of the P&C, we would like to thank all who supported the canteen either through purchasing food or helping Wendy with operations. We also wish everyone in the LHS community a happy and safe holiday, and look forward to seeing you all again in 2015 for a successful and fulfilling school year.

Carel Kaper  
President LHS P&C

## Music Notes

There is always a lot happening at school and we are developing a Stage and Concert band here at Lismore High School. The stage band has been meeting and rehearsing each Monday at lunchtime. You may be interested in participating and growing your music talent, whether as a vocalist or an instrumentalist, and this is a good opportunity.

Music lessons with the tutors at the Northern Rivers Conservatorium will begin next year. The lessons that will be offered will be piano, voice, guitar and woodwind (flute, saxophone and clarinet). Lessons are charged at \$28 for 1:1 lessons and only \$14 for 2:1. The Con has offered Health Care Card holders the opportunity to apply for a bursary for ½ price lessons for two terms. Lesson demand is expected to be high and only limited places can be offered so early application is advised. Priority will be given for school band members and elective music students.

The Rivers P-12 College is proud to announce the production of "Aladdin, the Musical" and auditions will be held on December 4<sup>th</sup> for the leading roles. Soon after, applications to be part of the chorus and production will be offered. This is an exciting opportunity for all our local schools and represents an excellent opportunity for our school, our talented young musicians and those who love live theatre. If you are interested, see Mr Brady for details and application packages.

Lismore High School has a long and proud tradition of choir teaching and performance. Each year the Lismore High School choir performs at the Anzac Day Dawn service and there is a need to keep this important tradition going. The school choir will be reborn as of next year with Year 7 leading the charge. Choir practise will occur during lunchtimes and will be announced once 2015 timetables are finalised. Feel free to inform Mr Brady of your interest in any of the programs being offered in 2015.

Happy toons  
Mr Brady



### EXPRESSION OF INTEREST TO MR BRADY ASAP



- All monies payable per term in advance to the Northern Rivers Conservatorium, not LHS
- See Mr Brady for terms and conditions for the Conservatorium and Lismore High School

Name	Instrument / Voice	Previous Experience	Lesson Preference



# AUDITION FOR LEAD ROLES

The Rivers P-12 learning community is excited to announce that we will be presenting a combined schools musical theatre production of **ALADDIN** at the Lismore City Hall in June 2015.

We are looking for boys and girls from Year 4 to Year 10 with the ability to act, sing and dance to audition for the lead roles in this exciting new event for our public schools in Lismore.

**Auditions will be held on:**

Thursday, December 4th,  
12.00pm to 5.00pm  
@ Lismore City Hall

To get an information package, please speak to your school's co-ordinating Teacher or Principal.



Education &  
Communities

