

LISMORE HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

Dalley Street Lismore NSW 2480
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ISSUE 7 | TERM 3 | WEEK 9B | 2018

CHS Baseball Semi Finals



On the 3 and 4 of September the Rivers Secondary College Baseball Team made a huge ten hour trek to Sydney to play in the CHS State Baseball Semi Finals. We played at the Blacktown International Sports Centre against Hills Sports High School. We had them scared in the beginning but in the end they were too strong. We were defeated 12-3 with Nikiesha McPaul, Jakira Toniello and Zahlia Bryant getting safe hits and home runs with help from the rest of the team.

Overall, our team was ranked 4th in the state for baseball and we're North Coast Champions for both baseball and softball. A big thank you to Mr Caught and Mrs Sloan for taking time away from their families to coach and take care of us during our time away. Considering none of the girls have ever played baseball before and only three play softball it was a great experience and achievement for all involved to make it this far in the competition.

Miss Jakira Toniello

Year 12 student

CALENDAR

Year 12 Farewell Assembly
28 September

Year 7-11 Parent/Teacher Night
23 October

Year 10 into 11 Orientation
31 October

P & C Meeting
5 November

Lismore High Madness
13 November

Year 12 Formal
14 November

Year 6 into 7 Orientation
27 November

Award Assembly
3 December

P & C Meeting
3 December

Year 6 into 7 Orientation
4 December

**P&C Meeting 1st Monday of
each month**



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www.facebook.com/LismoreHighSchool

We would like to respectfully acknowledge the Elders past and present of the Wijabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.



Alumni Information

Please join our Alumni of past Lismore High students and spread the word! Alumni info can be found at the following:

Facebook: <https://www.facebook.com/lismorehighalumni/>

Website: <http://www.lismore-h.schools.nsw.edu.au/our-school/alumni>

REMINDER FOR P & C MEETING

Next meeting is this Monday 5 November 2018 at 6pm. All welcome.

Basketball Match

On Friday 14 September, the teachers and students of LHC versed each other in a friendly game of basketball with the teachers triumphing and defeating the students! Better luck next time!



Executive Report

What a busy and exciting term it has been.....

I would like to officially welcome Mr Trent Graham on his appointment as the new substantive Deputy Principal of Lismore High Campus. Trent has been the Deputy Principal at Walgett for the past three years and will join our team in 2019. He has a wealth of experience and is currently relieving as Principal. I met with Trent in person earlier in the week, he was very excited about the move and I am confident that he will further strengthen and enrich our great school.

Mrs Pearce is relieving Head Teacher Special Education whilst Mrs Giles is on maternity leave. Our school community wishes Jo and her family warm wishes and congratulations on the arrival of their baby girl.

Year 12 undertake their last official week of high school next week. We will celebrate this occasion on the last day of term with a Year 12 staff, student and parent breakfast and formal graduation ceremony. It has been a pleasure to see these students mature into young adults, and staff and peers will miss them; I know staff will miss beating them in ball games! I encourage our students to study hard in preparation for their HSC exams next term and to reserve their celebrations for after this important phase of their life.

Lismore High hosted the Education Week Awards recently. We were joined by local network Directors Peter Campbell, Rebecca Langdon and Dave Harvey as well as special guests Thomas George and Tamara Smith to celebrate the occasion. I would like to acknowledge our award recipients for their outstanding commitment to our school and to public education on this occasion (see pictures below): Abbey Bailey, Jakira Toniello, The House With No Steps, Wendy and Graham Rose, Nadine Toniello, Kirt Swanbury, Glenn Jeffrey and Laura Zappia.

I thank our staff for their tireless efforts in supporting our students and wish you all a relaxing, safe and enjoyable break with school resuming for Term 4 on Monday 15 October 2018.

Mr Chris Williams

Principal



Attendance at Lismore High

We all have a collective responsibility to maximise every students learning with regular attendance. It is not within DoE guidelines for students to attend non-essential appointments such as hairdressers within school time, this includes Wednesday sport. We are unable to give permission for students to have lunch downtown or to leave early to go to paid work. The school has a responsibility to not endorse any leave pass that does not meet guidelines and parents/carers have a responsibility to provide an explanation within seven days from the first day of any absence. Within the 'Guidelines for Supporting Student Attendance' it is stated that:



Regular attendance and engagement in educational programs is strongly linked to the likelihood of students experiencing success in learning. Students who have poor patterns of attendance are at risk of not achieving their potential and are disadvantaged in the quality of choices they are able to make in later life.

Such learners may be:

- Socially isolated and experience bullying and harrassment
- At risk of harm during times of absence by being more likely to be involved in socially unacceptable and/or illegal activities
- Have gaps in their knowledge and understanding of basic concepts
- More likely to leave school at a younger age
- Over-represented in the juvenile justice system
- At risk due to wellbeing and possible child protection issues.

If you need support to ensure your student has satisfactory attendance, please do not hesitate to contact me on 6621 5185.

Ms Deb Baker

Head Teacher Attendance



Rotary Sponsored Youth Programs

Three Youth Programs are coming up soon that students are welcome to apply for through the Rotary Club of Lismore West. They are as follows:

The first is the Conoco Phillips Science Experience for students currently in Years 9 or 10. This is held at a number of universities on the Gold Coast, Brisbane or Toowoomba. The earliest is at Griffiths Uni, Gold Coast from 9-11/10/18. Applications close on September 20th.

The second is the Honeywell Engineering School held in Sydney on 2-7th December for Year 11 students considering engineering as a career.

The third is the Rotary Youth Transition Seminar. This is held at the Tyalgum Ridge Retreat near Mt Warning/ Wollumbin from 3-9th December.

Information can be sought on all of the Programs on www.rotary9640.org and application forms can be sought from nswregistration@engineersaustralia.org.au.

If you have any queries, please contact Doug Ridley of the Rotary Club of Lismore West on 0415 458 473.

EVERY DAY COUNTS...

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



Education Awards 2018

Congratulations to the following staff, students and community members who received a Commitment to Public Education Award last night at the Education Award Presentation:

Mr Kirt Swanbury (Relieving Deputy)

Mr Glenn Jeffery (Careers Adviser)

Miss Laura Zappia (PDHPE/Dance Teacher)

Miss Jakira Toniello (Year 12 student)

Miss Abbey Bailey (Year 10 student)

Mrs Nadine Toniello (President of the P & C)

Well done to all!



SASS Appreciation Week

From Monday 3 September until Friday 7 September, Lismore High Campus celebrated SASS Appreciation Week. The week commemorates all of the hard work that SASS staff do and lets them know how much they are appreciated and valued.

Our wonderful Office staff and SLSO's enjoyed a delicious breakfast and morning tea during the SASS Appreciation Week.

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Support Unit News

Ms Pearce's class

We have been continuing our community access program each Friday. So far this term we have visited Lennox Head and Ballina Beach where we have picked up litter. We have worked at the Animal Rights and Rescue Shelter, helping to clean and weed their garden. At the Lismore Art Gallery we helped with pamphlet preparation and were fortunate enough to meet local artist Digby Moran. Digby spoke to us about his current exhibition showing at the gallery.

All classes were treated to a circus workshop with Ms Jackie. Ms Jackie has previously worked with Circus Oz. Plate spinning, Diablo and Poi twirling were some of the great activities on offer.

Ms Kylie Pearce

Teacher



Mr Starr's class

Throughout this term on Tuesdays the students from the support unit have been accessing a variety of different locations within the local community.

The students have strengthened their ties with the local community, and been given the opportunity to explore some of the outstandingly beautiful natural habitat that we are blessed with here in the Northern Rivers region.

Mr Clay Starr

Teacher



Support Unit News Continued

Mrs Williams Class

This term has been very productive and adventurous!

In Visual Art students have explored texture and clay through the book theme 'Where The Wild Things Are' by Maurice Sendak. Students have completed the first stage of their clay works. This will be resumed next term after firing and adding glazes to finish.

In History students have been investigating Medieval Europe and subthemes of; feudal system, castles, sieges and warfare, and the bubonic plague. Students have been making their own paddle-pop stick trebuchets in which to catapult bubonic plague Lego victims over a Lego castle wall! Fun times ahead!!!

Students also attended the multi-sports day at Lennox Head, participating in hockey, cricket, golf, rugby/football and basketball skills alongside other schools. It was a great social outing and we all had a terrific time.

Mrs Williams

Teacher



The Lismore Performing Arts Festival

Students from Lismore High Campus performed and helped at the Lismore Workers Club on Tuesday 4 September as part of The Lismore Performing Arts Festival.

Congratulations to Abbie, Ella, Alyssa, Caroline, Peachy, Lara and Charlotte for another excellent performance with the Rivers Dance Ensemble. Thank you to Brady, Jakira and Angus for their professionalism backstage as runners; Zoe and Daisy for their participation in the combined schools band; Amber for her solo musical performance; and Sam and Kayla for presenting on Wednesday evening.

Miss Laura Zappia

Dance Teacher



Year 7 Design and Technology

Students have been busy preparing a healthy breakfast that contained the five food groups and was based around the use of an egg. Students planned carefully and prepared some great meals. We may have some future Masterchef contestants in the school.

Well done Year 7.

Ms Karen Gray

Teacher



The Rivers Dance Ensemble at the State Dance Festival 2018

This year the Rivers Dance Ensemble performed at the State Dance Festival in Sydney for the first time ever. Their journey started back in Term 2 when they performed at the Far North Coast Dance Festival. Students at the college participate in the Far North Coast Dance Festival every year and this year the college was represented by over 50 students and was the first time any entry from the college was successful in an audition for state.

This was a first time trip for a few of our students: first trip on a plane, first time to Sydney and first time cruising the harbour on a ferry. We were treated to a special team dinner at Criniti's in Darling Harbour on the first evening where the ensemble had a three metre long pizza, pasta, salad and a one metre long Nutella pizza for dessert.

Day two was a long day for the ensemble. It started with the students participating in their first master class: Bollywood! After many nervous giggles and a bit of apprehension from the group, the students really embraced learning a new style of dance from Shyamla Eswaran. A quick change into costume and it was straight upstairs for our technical rehearsal on the stage at the Seymour centre. Miss Zappia headed to the control desk to finalise lighting cues while the students hit the stage for a run through.

Show time! The ensemble was ushered backstage before the curtain opened on the State Dance Festival for 2018 named 'Transform' which was inspired by the choreographer Merce Cunningham. The Rivers Dance Ensemble finalised hair and makeup, warmed up and did a run through before hitting the stage. A year after this dance work was created and on its third complete revision due to injuries, the students hit the stage and performed brilliantly. A few audience members even remarked that our students really held their own against performing arts schools.

Miss Laura Zappia

Dance Teacher



Rivers Girls Basketball Team

Huge Congratulations to our River's U15 Girl's Basketball Team!

This term our team competed in the NSW Combined School's Knockout competition. They trained every Tuesday at lunchtime and also attended some after school training, although training with Richmond River members was unfortunately not possible.

From Lismore Campus: Cyla Hammond, Chloe Bull, Mizpah Walsh, Wanika Kelly, Shaniquea Roberts Welsh

From Richmond River Campus: Laquia Dargin, Whitney Nixon.

Our first game was against Evans Head in Lismore. They had a team of nine and we only had five players which meant we had no subs. However, the girls played hard and claimed victory. We then travelled to Ballina for our second game. When we entered the stadium at Ballina Coast School, there were approximately one hundred students there to watch the game. The girls were a little nervous but they put on a brave face and once again threw their all into the game. We managed to win by a couple of goals.

The final game we played was against Oxley College. With much negotiation we finally managed to set a date with them and they travelled from Tamworth. Many of their players were basketballers. We knew this would be a tough game but the girls were determined to enjoy themselves regardless. We went down but gave the skilled opponents a run for their money.

I am proud of the efforts of our girls and hope they will continue to represent our college in basketball.

Ms Angela Biasion

Teacher



Expression of Interest for 2019
Aboriginal Community Engagement Officer
The Rivers Secondary College, Lismore High Campus
Temporary position of 3-4 days per week for the school year
(Must be Aboriginal and this a non-teaching award position)

Aboriginal Community Engagement Officer (ACEO)

Responsible to the Principal or delegate for providing assistance to teachers, Aboriginal students and their families to support improved learning outcomes for Aboriginal students.

Working with teachers to do the following:

- to assist Aboriginal students in all school activities including excursions
- to discuss with Aboriginal parents the educational progress of their children
- to identify and develop resources to support the learning outcomes of Aboriginal students
- to assist in the development and implementation of personalised learning plans for Aboriginal students
- to support Aboriginal cultural awareness for all students with particular reference to Aboriginal students
- to help maintain effective positive relationships between Aboriginal parents, the Aboriginal community and school staff.

Working as part of a school team to support students:

- in relation to their school participation and programs
- in relation to their attendance and retention.

Liaising with the Principal and staff:

- on protocols for interacting with the Aboriginal community in relation to staff and Aboriginal students in the school and Aboriginal education activities.

Other Duties

- Performing other related duties as required by the Principal.

PLEASE RETURN APPLICATION TO Chris Williams at The Rivers Secondary College, Lismore High Campus or via email to christopher.williams12@det.nsw.edu.au by 28 September 2018. Your application should not exceed 1 A4 page apart from this coversheet.

Name and Home Address:	Mobile Number: Email:
REFeree # 1 and contact details	REFeree # 2 and contact details

Study Skills: What is the best way to study?

Students sometimes ask “What is the best way to study?” There is no one best way; an important lesson for students to learn is that everyone learns in different ways, everyone has different approaches and preferences, and what works well for one person may not work well for another. This truth applies to all aspects of effective learning – time management, research skills, writing skills and so on.

There are certainly good techniques and strategies that apply in all of these areas, and also approaches that work well for the majority of students. However it is essential that all students try different techniques to see what works best for them. Preferences could also change over time, so it makes sense to at least once a year stop and reflect on approaches to learning: what you did, what worked, what didn't, what you should change, what you should keep, and new things you could try.

This is what ‘metacognition’ is all about. It means taking the time to try and understand more about the process of learning and your role as a learner. Students who take a metacognitive approach to their learning are much more likely to improve their results. How can you find out different study techniques to try? Talk to the people around you – friends, siblings, parents – ask them what techniques they have used. Also ask your teachers what they would recommend for their subject.

You can also visit the unit on the Study Skills Handbook that covers how to study for tests and exams. You will find lots of active studying strategies and grids to help you plan for exams. Just remember – there is a worst way to study – just reading your notes over and over and hoping the information stays in your head!

Our school's subscription details to this online study skills website for secondary school students are:

www.studyskillshandbook.com.au

Our School's subscription details are:

Username: lismorehigh

Password: studyskills

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Lismore Workers Softball Club

Sign – On

Sunday, 23 September

10.00am – 1.00pm

Humbly Oval

(Opposite the Lismore Square)



Looking for a sport that the whole family can play?

Then Softball is the game for you.

Teams for all abilities, young and old.

Played at the same venue, same time each week.

Enter a team in the Charity Shield and
raise funds for a worthy cause.

For more information

Phone: 0417 691 653 or send a message via Facebook
<https://www.facebook.com/LismoreWorkersSoftballClub>

FIGURING OUT WHAT'S UP WITH YOUR TEENAGER



ASK THEM TO ANSWER THIS QUESTION

'How are you on a scale of 1 to 10?'
(1 = pretty awful and 10 = smiles all round.)



IF THEY ANSWERED 7 OR ABOVE

Awesome! Ask them what's going well
in their world, and remind them of these
things the next time their score is low.



IF THEY ANSWERED 4 OR LOWER

Ask them what might need to happen
to bring them up to a 7. Check out
[ReachOut.com](https://reachout.com) together for some advice.



ASK REGULARLY

It'll help you to spot trends and act quickly.

Supporting parents to help their teenagers deal with whatever life
throws at them. [ReachOut.click/Communication](https://reachout.com)

Tips for creating a safe and trusting conversation:



LET THEM SPEAK

Give them time and space to talk,
and avoid interrupting them.



REMOVE DISTRACTIONS

Put away your phone and give them
your full attention.



ACKNOWLEDGE THEIR FEELINGS

Respond with comments like
'That must have been hard' or
'Sounds like it was exciting'.



GIVE PHYSICAL CUES

Nodding, making eye contact and facing
the person you're talking with show that
you're really listening.



PLAN FOR LATER

Ask them if they'd like to chat about
the issue again, and lock it in.



LISMORE HIGH CAMPUS CANTEEN

WINTER MENU TERMS 2 & 3 2018

RECESS HOT FOOD

★ Garlic Bread	\$2
Parmesan Herb Bread	\$2
Toasties	\$3
Ham/Cheese Scrolls	\$3.50
Chicken Nuggets	\$3.50
Chicken Bites	\$3.50
Spinach & Fetta Pastries	\$3.50
Noodle Cups	\$2.50
Waffles (with yoghurt & berries)	\$3
Meatball Subs	\$4
Bacon & Egg Roll	\$4
★ Breakfast Burger	\$4
Selection of Bakery pies	\$4.50
Sausage Rolls	\$3.50
Cheese, Spinach & Fetta Rolls	\$4.50



MILK

★ Plain Milk	\$2
Oak Carton	\$4
Ice Break Coffee	\$4
Flavoured Milk Lrg	\$4
★ Flavoured Milk Sml	\$2.50
Nippy's Milk Poppers	\$3.50
Chocolate Milk Poppers	\$2.50
Up and Go	\$3.50



LUNCH HOT FOOD

<u>Burgers:</u>	\$4
A selection of beef, lamb, chicken, sweet chilli chicken, zinger chicken, falafel, haloumi and mushroom.	
<u>Home-made Pies:</u>	\$2.50
Butter Chicken Curried Beef Veggie Curry Puffs	
<u>Toasted Turkish:</u>	\$4
Veggie or Chicken	
Chicken or Beef Gravy Rolls	\$3.50
<u>Kebabs:</u>	\$4
Chicken or Beef	
Nachos	\$2.50
Potato Gems	\$2.50
Potato Wedges (with sour cream/chilli)	\$3.50
A selection of home-made meals.	\$4



IN THE FRIDGE

Cold Food:

Sandwiches, Rolls or Wraps	\$4
Salad Tubs	\$4
Rice Paper Rolls	\$4

Snacks:

Custard Cups	\$1.50
Chocolate Mousse	\$2.50
Creamy Rice	\$2
Trifle	\$2
Fruit Tubs	\$4
Yoghurt & fruit pots	\$2.50
Milo or Nutri-grain Cereal cups	\$1.50
Lemon Sago	\$2
Yoghurt Tubs	\$2.50



JUICE AND WATER

Water 600ml	\$2
Water 1 Litre	\$2.50
Mineral Water	\$2.50- \$3.50
Coconut Water	\$2.50
Flavoured Coconut Water	\$3.50
Iced Tea	\$3.50
Juices	\$2.50- \$4

****We keep gluten free bread and wraps and some cakes. If you are vegetarian or gluten free, it is best to order before 11.30am**