

LISMORE HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

118 Dalley Street Lismore NSW 2480

T 02 6621 5185 F 02 6622 2940

E lismore-h.school@det.nsw.edu.au

www.lismore-h.schools.nsw.gov.au

ISSUE 1 | WEEK 3 | TERM 3 | 2022

EXECUTIVE REPORT

Welcome back!!! What a great start to the term it has been. We started with a staff development day which had the entire College working in teams to continue improving the learning opportunities for all of our students. The first student day was a day both RRHC and LHC had been waiting a long time for as students and teachers were able to move towards more normality with two separate sites being set up for our schools. It's been a very long road but it is great to see both campuses get their identities back, while maintaining collegiality and opportunities for all the students.

The final day of Term 2 was a College-wide NAIDOC celebration; a first for this event. While the weather was not the most favourable, it did not dampen the spirits of students, staff and community who attended. The day started with a whole College NAIDOC assembly where Uncle Mook Harrington conducted a Welcome To Country. Each campus then had a senior Aboriginal student discuss what the theme of Get Up! Stand Up! Show Up! meant to them. The boys' dance group, Janagan Ngarii performed the welcome dance, supported by John Paden, which was then followed by our guest speakers. This year we were fortunate to have our three strong, proud and deadly Aboriginal Education Officers as our guest speakers. Jenique, Tamika and Mirryndah had amazing messages about the theme and what that may look like in a variety of settings for all people, no matter their heritage. The Assembly culminated with a Smoking Ceremony conducted by Uncle Rory Close. The rest of the day saw students participate in a number of activities and workshops which included, dance, language, basket weaving, damper making, Art, HSIE escape room, Drama, STEM activities, badge and candle making and a music extravaganza. The afternoon was filled with outstanding sporting competition between staff and students and then the NAIDOC Oztag Cup. This year LHC decided to share the celebrations with RRHC and KHC taking out a competition each.

It's a big term for our senior students with Year 12 starting their trial exams next week. These form the final school-based assessments before the students complete their final practical and performance exams later this term, and written exams in Term 4. Year 11 students complete their final assessment of their Preliminary courses in Week 9 before a two week break leading in to their HSC year. We all wish these students the best of luck in their preparations.

T. Graham
Deputy Principal



2022 CALENDAR

TERM 3

- 5 Aug Sydney Youth Orchestra Visit
- 8 Aug Trial HSC Exams commence
P & C Meeting 6pm - All Welcome
- 15 Aug Science Week

CANTEEN

Please see a revised Canteen Menu on the back page for Term 3.



NOW AVAILABLE AT THE CANTEEN

SUPPORTING OUR COMMUNITY

Lismore High Campus would like to support our families that own and operate a business in the flood affected areas. If you have a business and would be interested in providing us with your business name, logo and student name, we will then put together a "Support Our Community" page in the next newsletter.

Please contact the office on 6621 5185 if you have any questions or email your details through to lismore-h.school@det.nsw.edu.au

Details will need to be in by Monday 22 August, 2022.

Logo sample below -



We would like to respectfully acknowledge the Elders past and present of the Widjabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands. Always was, always will be.

NAIDOC WEEK



CAREER NEWS

TVET Courses

Year 10 have recently completed their subject selections for 2023. Some students have contacted me with questions regarding TAFE provided courses (TVET) as part of their timetable for next year. This is a fantastic opportunity for students to gain early qualifications in a chosen career field and receive theoretical knowledge and practical skills which will work hand in hand with, and enhance the skills they are learning at school.

Students are encouraged to apply for TVET courses but there are some considerations;

- ♦ TVET runs on a Wednesday either all day (9.00am – 5.00pm) or afternoons (1.00pm – 5.00pm)
 - ♦ TVET courses run at Lismore or Wollongbar campuses and students need to make their own way to and from the campuses. Buses are available from school (and return) for Wollongbar Campus only and only for afternoon courses.
 - ♦ Students who have chosen a subject that may run on a Wednesday at school will not be able to undertake a TVET course
 - ♦ Students undertaking a TVET course **WILL** need to have 6 school based subjects as well
- Students also need to understand that taking on a TVET course is NOT an easy way out of school and should not be seen as something that they will have to put little time or energy into. Students will need to attempt their TVET course to the best of their ability, maintain a consistent effort in attending classes and hand in assessment items when they are due.

If you or your student are concerned about what will be required of them during their TVET course you should contact me in the Career Office or contact TAFE to receive further course information.

Early Entry/Scholarships for University

Year 12 students need to be aware of closing dates for early entry and scholarships available at Universities around the country.

Many universities offer early entry based on various criteria including trial exam marks, interviews, essays, Principals (school) recommendation or a combination of all of these. Specific information is available from the Career Office or can be accessed from University websites.

Scholarships are many and varied and will be based on various criteria including academic performance, geographic location, course applied for, educational disadvantage and other criteria as decided by the institution or organisation offering scholarships. Students need to access the information and application details as soon as possible, check application closing dates and apply!

Help is available from the Career Office if needed, come in and book a time!!



CAREER NEWS Continued

Future Options Day

On Tuesday 26 July, 110 Year 10, 11 and 12 students attended the Northern Rivers Career Expo at the Lismore Showgrounds. This day is organised by CONNECT Northern Rivers with input from the Summerland Career Advisers Association as well as Southern Cross University and other industry partners.

The Expo is designed to provide access for local students to various exhibitors and seek out information regarding courses, careers and industry specific information that will help students identify and decide on their career pathway.

This year there were 105 exhibitors across a vast range of industries in attendance. These included Byron Shire Council, Three Blue Ducks, Byron Bay Wildlife Sanctuary, Whitehouse Institute of Design, Ramada Hotel & Suites Ballina, Richmond Valley Council, Lismore City Council, Obieco Industries, Multitask, Club Tweed, Casino Food Co-op, Thomas Noble Russell, Defence Force Recruiting, Whiddon, Southern Cross University, Harwood Marine, Hanson Construction, Bennett Constructions, Essential Energy, Frizelle Sunshine Automotive Group, Southern Cross Care, 16 universities from around Australia, Sydney Actors School and Sydney Film School, Rekindling the Spirit, Headspace, St John Ambulance NSW, SAE Creative Media Institute, Aruma, to name just a few!

TAFE NSW provided information from 12 different faculties in a “Try a Trade” exhibition which allowed students the opportunity to participate in activities that they may undertake in those courses or in the workforce.

The students from Lismore High had over an hour to visit the various exhibitors, ask questions, collect relevant information and generally look at the types of courses and careers that are available to them. The students found the Day to be a great source of information and has sparked many of them to make further enquiries or to do more research into certain career / course areas.

G. Jeffery
Careers Adviser



STORMBIRDS PROGRAM

A Stormbirds program is running in the school as a way of providing additional support to our students as they work through how the flood, and other events might impact them. Stormbirds was developed to provide “an opportunity for children and young people who have experienced a natural disaster to share their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering. This takes place in an atmosphere of like-to-like peer support.” The program runs in five one period sessions, and is being attended by 11 students in Years 7 and 8. The photo shows the display that the students were building in the first session in which they wrote words about their own strengths on leaves, and added them to the tree. More information about the program can be found here: <https://www.goodgrief.org.au/stormbirds>

Stormbirds is being facilitated by Dr Robert Lingard, the School Chaplain, who has obtained funding so that the program is run at no cost to the school or individual students. Students will be offered to participate in Stormbirds, and Seasons for Growth in Term 4. Please feel free to contact Robert at the school if you would like to know more information about the Stormbirds program.



A NOTE FROM THE OFFICE

Students Leaving Early for Appointments

Please send your child to school with a note and present it to **Student Services before school (8:30am to 9:10am)**, You are also welcome to email through your request **before school** to *lismore-h.school@det.nsw.edu.au* . Students will then be issued with a Leavers Pass which can be shown to their class teacher to release them at the appropriate time (failing this procedure, time spent finding the student may leave you late for your appointment).



Students will wait in Student Services until parents advise (6621 5185) they are waiting in the school turning circle (College Street entrance) outside the office.

Students will not be allowed to wait at the bus bay for collection.

***Emergency collection or messages to students throughout the day** - unfortunately this sometimes happens and we request all calls be made by **2pm as we cannot guarantee delivery of messages after this time.**

Updating of Contact Details:

Are your phone contact details up to date? You can access phone number records via your Sen-tral account and submit a request online if a change is required. Is your residential address up to date? Changes to residential addresses require 100 points of address identification. Email the school *lismore-h.school@det.nsw.edu.au* if your address has changed with your 100 points of evidence documents attached in pdf form. Don't forget to identify your child's name and class to help us match up your records.

Excursions

Permission notes and money will only be accepted in Student Services **before school (8:30am to 9:10am)**, recess and lunch. Notes will not be accepted without payment. If paying online please write the receipt number on the permission note.

Replacement Timetables

Replacement timetables are available from Student Services for 50 cents.

School Carpark

Please do not park in the roundabout at the end of the driveway. Parking in the roundabout can be dangerous to our students and staff and causes traffic jams. It also limits access for deliveries and ambulance vehicles.



Year 10 students getting hands-on with drones

Drones Workshop

Year 10 students were given the opportunity to participate in a Drones workshop presented by UAV Australia. The workshop covered the ever-increasing number of careers using drones, drone safety and a practical session in which they got hands-on experience flying a drone. Students learnt what the first steps are to enter the drone industry and the training required.

STEM 2022 Conference

Staff from Lismore High travelled to the Hunter Valley with RASE project officers to attend the STEM 2022 Conference. They listened to some exciting keynote presenters about the challenges of the world and the role of STEM education in overcoming them.

They then participated in a deep dive session that investigated innovative ways to use surveying to engage students in Maths.



Mr Boland, Mr Chan and Mr van den Berg using similar triangles to calculate the width of the dam



Jade and Charmel with their winning rocket

Bottle Rocket Challenge

A number of Lismore High students gave up their lunch times to work with RASE Project Officers to design and create rockets for the inaugural bottle rocket challenge. High school students were required to have at least one functional component of their rocket that was digitally designed and manufactured. The finale was hosted at Kadina High, and involved 86 primary and high school students. In the end, Lismore High students, Jade and Charmel, proved to be unbeatable with their rocket that flew a whopping 97m! Great work, girls!





YEAR 8 STUDENTS

Did you know: STEM skills are becoming more and more important for future employment, yet the number of students studying STEM subjects has flatlined?

How to be part of the solution: RASE is holding a design thinking workshop for year 8 students to develop their own innovative solutions to increase the uptake of STEM subjects in high school.

When: Thursday 18th August

Where: SCU

How to participate: See your year advisor for a note, and get on board with creating a solution.

SUPPORT UNIT NEWS

Look at our beautiful mosaic tins that we have made!

The students at Lismore High Campus Support Unit have been working on making mosaics using recycled tins and left-over tiles from previous mosaic projects. The students have done a wonderful job.

Here are some photos of the finished projects photographed, styled, and edited by student Chloe Pagotto.



WHITE CARD TRAINING

During Term 2 LHC ran the White Card Training. We had lots of interest with the maximum number of 20 students participating and successfully completing the training. The White Card Work Health and Safety Training is an essential requirement to legally work on a construction site. The training took students through practical workplace situations in a variety of trades. This training proves to be a great incentive for employers to consider students for work experience, and more importantly opportunities for future paid employment.

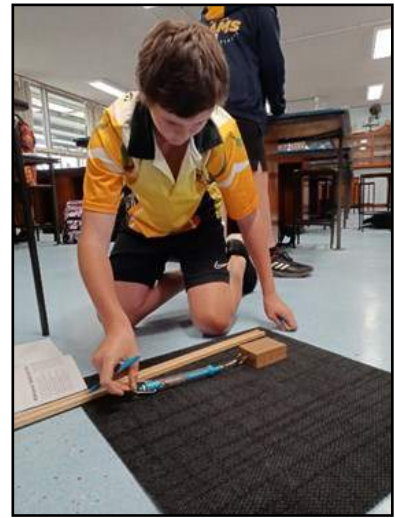
LHC will be organising another White Card training this term. If you feel this is something your child would benefit from, please do not hesitate to contact Scott Harrison (Student Support Officer) or Mr Jeffery (Careers Advisor) for further information.

S. Harrison
Student Support Officer



SCIENCE FACULTY NEWS

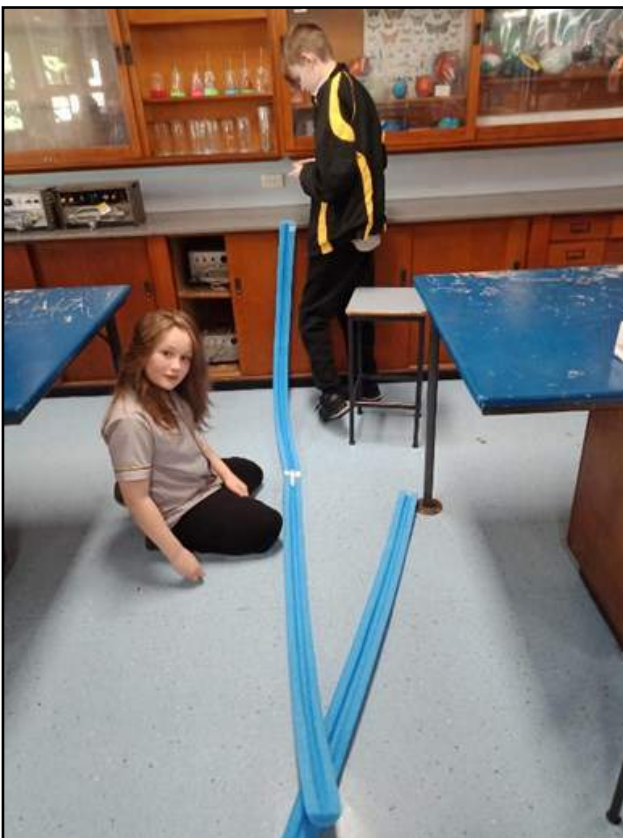
Year 7 students continue to study forces. In the images below, students are investigating how different surfaces affect friction. They each made a hypothesis, and then performed an investigation to test their hypothesis to see if they were right.



Students have also been learning about the force of gravity. To demonstrate the relationships between gravitational potential energy and kinetic energy, students designed and built their own roller coaster (using pool noodles cut in half). They had a great time demonstrating both their creativity and their scientific ideas as they sent marbles for a ride.



SCIENCE FACULTY NEWS Continued



TAS FACULTY NEWS

A new group of Year 7 students have come to cooking, as we rotate the classes each term. Students cooked pancakes for their very first practical lesson in the kitchen. Presentation was particularly good.

D Baker
Head Teacher TAS



TAS FACULTY NEWS

How cute are these teddy bears that the Year 9 Crafty Ways class made over the last 6 weeks. They each have their own personalities and are very cuddly. The class are now making a corduroy shoulder bag which will be finished in just a week, then we are going to move onto beaded bracelets, jewellery and sewing beads onto fabric.

K. Gray
Teacher



A new class of Year 8 students have started cooking this term. This was their first practical lesson, where they made Chilli Con Carne, Brown Rice and Tortilla chips. Students did a great job with some even moulding the rice.

D Baker
Head Teacher TAS



SPORT / PDHPE FACULTY NEWS

3 v 3 Basketball NAIDOC Week Competition

On Tuesday 26 July, Lismore High Campus entered seven teams into the 3 v 3 Boys and Girls NAIDOC Week Competition at Ballina Coast Indoor Centre. Each team played three or four 10 minute games to fight for a spot in the finals. Five of our seven teams dominated throughout the day.

Two of our senior boys teams made the semi finals, however, they couldn't overcome Ballina Coast's big players in both semi's finishing 3rd and 4th. Our senior girls' team made the grand final against Ballina Coast, beating them earlier in the day by one point. Unfortunately they lost momentum early in the game and finished 2nd.

Congratulations to the junior boys' team (Ashton Copeland, RJ Pilling, Max Halliday, Kurtis Pethers) and junior girls' team (Matilda Kay, Aishlen McGarry, Elke Duroux, Isabella Roberts) who won both their finals convincingly, going home with a new basketball each.

Open Boys and Girls Pegasus Basketball Challenge

On Wednesday 27 July, Lismore High Campus played a round robin basketball competition against Trinity College, Woodlawn College and Lindisfarne Anglican Grammar School. We played each team once to accumulate points towards a grand final.

The Open Girls team started strong, beating Trinity by 20 points, then Lindisfarne by 30 and a narrow win against Woodlawn by 10. Trinity were no match for the skill of our girls in the final. Chloe Bull took charge of the team, and Mizap Walsh was always open for a quick break away. Jasmine Halliday, Teagan Cohen and Shikinah Roberts kept finding space open under the bucket for an easy lay up with Emily Simpson stepping back for a jump shot, while Aishlen McGarry Shayla Smith hustled at the top of the key. The score was blown out to a 30+ lead.



The Open Boys team started with a win against Woodlawn in the first round. Playing Trinity next, a team who had the five tallest players in the stadium, the boys had to put in their all. After the first quarter Trinity led by 8. The Rivers team came out wanting to prove themselves in the 2nd quarter bringing the score to 18-18 at half time. With only one substitute, the boys started to wear down and Trinity ran away with a 10 point win. Lack of substitutes proved to be The Rivers team weakness as they continued the day. Nothing was working in our 3rd game against Lindisfarne. Shots were missed, turn overs happened, and fouls weren't called, which lead to a 2 point loss. Lindisfarne went on to be beaten by Trinity by 60 points.



Well done to both teams. It was a massive day.

J Caught
Head Teacher PDHPE



LISMORE HIGH CAMPUS & RICHMOND RIVER HIGH CAMPUS

CANTEEN MENU FOR TERM 2



HOT FOOD		SANDWICHES, ROLLS & WRAPS	Half Sandwich	Full Sandwich	Roll
Meat pie	\$5.00	An assortment of fresh sandwiches, rolls & wraps will be available daily.	\$2.50	\$4.50	\$4.50/\$5.00
Quiche	\$4.00				
Sausage Roll	\$4.00	SALAD IN BOWL			
Spinach & Feta Roll	\$4.50	A selection of salads will be available daily.	\$6.00	JUICE POPPERS	
Pizza Rounders	\$3.50			Just Juice Poppers	\$2.00
Chicken Nuggets (5)	\$3.50				
Garlic Bread	\$3.00				
Chicken Lettuce & Mayo Burger	\$5.00				
Beef Burgers (beef patty, lettuce, tomato, beetroot, cheese & BBQ sauce)	\$5.00	BAKED GOODS A Selection of baked goods will be available daily	Between \$1.50 - \$2.00	MILK DRINKS	
Cheese Burger (beef patty, cheese, BBQ sauce)	\$5.00	SUSHI Assorted (fresh daily)	\$4.00	FM Chocolate Milk 300ml	\$3.00
Sweet Chilli Chicken Burger (patty, lettuce & sweet chilli sauce)	\$5.00	WATER		Iced Chocolate Strawberry 500ml	\$4.50
Spicy Chicken Burger (lettuce, tomato, beetroot, cheese & sriracha sauce)	\$5.00	600 ml Pump 1Litre	\$2.00 \$3.50	Norco Natural Malt, Honey & chocolate	\$4.50
ICE CREAMS		JUICE BOMBS		Original Coffee 500ml	\$4.50
Berri Cup Frozen	\$1.50	Watermelon, Apple & Raspberry, Lime & Vanilla, Lemonade, Grape or Apple & Blackcurrent.	\$3.00	Full Cream milk 2 litre	\$3.50
Calippo	\$2.00			1 litre	\$3.00
Lemonade water ice blocks	\$2.00			500 ml	\$2.60
Snapstix	\$1.50				
Yoghurt Frozen Twisted	\$2.50				
Paddlepop – Chocolate & Rainbow	\$2.00				

