

# 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](mailto:lismore-h.school@det.nsw.edu.au)

[www.lismore-h.schools.nsw.gov.au](http://www.lismore-h.schools.nsw.gov.au)

ISSUE 1 | WEEK 1 | TERM 1 | 2023

## EXECUTIVE REPORT

Jingella Lismore High Community,

It is with much excitement that I write to you on my return as Principal, Lismore High Campus after acting as Executive Principal for the past two years. I would like to thank Mr Swanbury for relieving in my absence and wish him well in his new role. A warm welcome to Mr Randle who has taken up the College Executive Principal role and to our new staff: Mr Hawkins (Science Head Teacher), Miss McPhail (Science Teacher), Miss Amos (PDHPE Teacher), Mr Van Kleef (Music Teacher), Mrs Fox (Attendance Officer) and Mrs Willoughby (English Teacher).

We will be holding an informal meet and greet on Monday 13<sup>th</sup> between 3.30 and 4.30pm for parents and carers of Year 7 to make connections with staff and maintain open lines of communication to further support your child's learning. The P&C meeting follows on at 6pm and all parents and carers are invited to come along and contribute ideas with the friendly and supportive team. Parents and Carers are encouraged to contact their child's year advisor with any concerns so that these can be addressed early.

As we reflect on the chaos of last year and think of those who are still struggling through significant hardship, we look forward to a better year with continued courage, kindness, and care, ensuring our students are supported to achieve beyond their potential.

'Spectamur Agendo- Let us be judged by our actions'

Chris Williams  
Principal

It has been great to see all of our students back at school and wearing their school uniform with pride. Students are settling back into the routine of school and rising to the high expectations we have. Teachers are hard at work planning great programs and lessons, we have a wonderful 2023 ahead of us and we are looking forward to sharing our Lismore High success with you throughout the year. As always, if you have any questions please don't hesitate to call our staff at school.

Next week is our first Monday Whole School Assembly and we are continuing our focus on positive student behaviours and achievements with Attendance Awards and Faculty Awards to be announced. These will continue throughout the year.

Just a reminder that we are a YONDR school, when students are at school it is requirement that their phone be off and locked in a YONDR pouch. We will be doing checks in the coming weeks, so please chat with your child/ren to ensure their YONDR pouch is in their school bag and discuss the importance of using it.

Trent Graham & Stephanie Coble-Runge  
Deputy Principals

## 2023 CALENDAR

### TERM 1

|                             |   |
|-----------------------------|---|
| <b>Tuesday 14 February</b>  | Beyond the Broncos Showcase 3.30—5pm Kadina High Campus                             |
| <b>Thursday 16 February</b> | Yr 7 Ballina Waterslide Excursion   |
| <b>Friday 17 February</b>   | School Photos - full school uniform is required                                     |
| <b>Tuesday 21 February</b>  | Swimming Carnival - Kyogle Pool   |
| <b>Thursday 23 February</b> | Yrs 11 & 12 University Showcase   |
| <b>Monday 27 February</b>   | School Photos - catch up day  |
| <b>Tuesday 28 February</b>  | Zone Swimming Carnival - Alstonville Pool<br>Year 6 into Year 7 Information Evening |
| <b>Wednesday 1 March</b>    | Boys Leadership Camp (3 days)   |
| <b>Monday 20 –24 March</b>  | NAPLAN Testing  |
| <b>Tuesday 4 April</b>      | School Cross Country  |

## P & C NEWS

The Lismore High P&C would like to extend a warm invitation to all parents, carers and community members to our first P&C meeting for 2023. This will be held at the school, on Monday 13 February at 6 to 7pm in a classroom near the Administration Office. All are welcome to attend.

Our AGM will be held during March where committee positions will be elected.

I look forward to meeting you all at our February meeting.

Nadine Toniello  
P&C President.



## SCHOOL UNIFORMS

Our school uniform is available from Lowes in the Lismore Shopping Square.



**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.**

## BUNDJALUNG LANGUAGE

Welcome to the new language program at Lismore High. 2023 is a new stage in language learning, where Year 7 students are learning Bundjalung language. This is an exciting step forward as a school as learning language can help connect our community further to Bundjalung culture and history. Johnathon Paden, an ex-student of Lismore High is the language co-teacher.

Throughout the year students will build knowledge of the language and culture and focus on knowing more about our local area. So far students' have learnt simple greetings and introductory phrases as well as simple responses. Students are enjoying a variety of games and activities that are competitive and can already piece together a simple conversation.

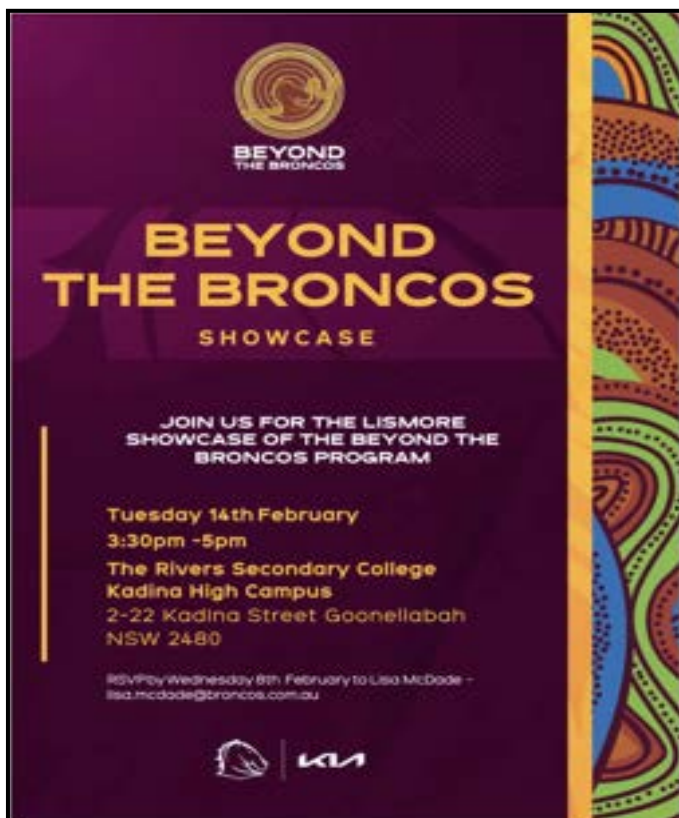
Expect to hear some Jingeelaa (hello) and yaway and yugambee (yes and no) as well as bugalbee (thank you) in your travels through the year.

Bugalbee

D Magann & J Paden



## BEYOND THE BRONCOS



The first ever Broncos Showcase will be held at the Kadina High Campus hall next Tuesday the February 14 between 3.30 – 5pm.

This is for all the Aboriginal and Torres Strait Islander female students across the 3 campuses and their families.

We will have light refreshments, a BBQ and a showcase of the ambassadors, student support officers and students. An overview of the Beyond the Broncos girls academy will be provided.

Please come along for a yarn.





## A NOTE FROM YOU CAPTAINS AND PREFECTS -



*Left to Right- Alexis Ryan (Vice Captain), Skyla Davis (Vice Captain), Madison Stanford-King and Harriet Freund (Captains), Jaden Grissell (Vice Captain) and Chris Williams (Principal)*

Your Captains and Prefects are happy to announce we are bringing back the “Staff of the Fortnight”. Students will be able to vote via a box in the library. The winning staff member will be announced during the whole school assembly every fortnight.

We are also adding another new box to the library. This will be for anyone to put forward their ideas and suggestions to be discussed by the school’s Captains and Prefects. Simply write your idea down, pop it in the box and it will be brought to light.

Both boxes will be available in the library from Monday Week 4 onwards.

## HSC CHEMISTRY

This week, the HSC Chemistry class were busy investigating natural indicators to help determine the pH of substances. They boiled red cabbage to extract the pigment to create a natural indicator. They found that red cabbage juice contains a natural pH indicator that changes colours depending on the acidity of the solution.



## PDHPE NEWS

A busy start for the term for the PDHPE faculty. Week 1 saw all our students undertake some baseline fitness testing involving the multistage fitness test, push up test, sit up test, wall sit and beep test. at the end of tThese fitness tests will be conducted again at the end term and throughout 2023. This will allow students to track their fitness and plan fitness goals throughout the year.

A massive congratulations to all students with their efforts during the tests.

D. French

Head Teach PDHPE



## FIT FOR SERVICE PROGRAM NSW POLICE

During Term 1, students from the The Rivers Secondary College Lismore High Campus will be engaging in the Fit for Service program run by the Richmond LAC Police Department here at the Lismore High Campus and other venues in the region.

This program is targeted at young persons aged 14-18 years who are interested in joining any of the services including, Police, SES and the Armed Services. The program will focus on educating and preparing the students for a pathway into these services. Other skills that will be targeted are team building, individual confidence, communication, punctuality, respect, leadership and general fitness, health and wellbeing.

*“Fit For Service provided an insight into what each service was like and what I needed to do to make it in. It was also cool to know that I could have a job and still provide a service to the community”.* **Angus—Year 12 student**

One of the main outcomes for this program is to provide the opportunity for the students to gain knowledge, preparation and insight into government and Armed Services. The program engaged the students with members of the different services through mentoring, open, field and recruitment days and allowed the students a sneak peek into the variety of government and armed services available to them.

One of the main arms of the Program was designed around the testing protocols for National / State based services i.e. NSW Police, NSW Ambulance, NSW Fire and Rescue, Australian Army, Navy and Air Force. Not only did the students get to complete fitness assessments but they were also able to speak with staff employed in the various services.

*“Very good opportunity and the staff were awesome”* **Harriet—Year 10 student**

The activities are aimed at improving the physical fitness and overall wellbeing of the students by introducing fitness drills each week including specific fitness levels and introduce participants to the reasons fitness is one of the main key ingredients to success in the services. Pre and post fitness testing of the students and the chance to test themselves against police members will allow the students to see where they are at with their fitness. They will learn how to complete the fitness test exercises correctly and more importantly learned how to work as a team, encourage each other and attain goals.

For the students from Lismore High Campus, Fit For Service will be an extremely beneficial program.

Fit For Service is a unique program that provides a valuable insight into the many services that are available to our students. Having the hands on activities, the staff providing specific career related details and a variety of activities will keep the students engaged and interested for the duration of the program.

*“Fit For Services was unreal, challenging, inspiring and mind opening. I learnt lots”*  
**Lockyer—Year 12 student**



## ADMINISTRATION NEWS

Welcome back to another exciting year ahead for all.

To assist us in keeping your child's details up to date, we ask if you can please update details, ie, address, phone, medical, court orders etc with the office as soon as possible. A Change of Student Details Form is attached.

### **School Photos 17 February 2023**

Student photos will be taken on Friday 17 February 2023. Photo envelopes are to be returned on the day and handed to the photographer, **not** the office.



Sibling envelopes are available for collection from the Administration Office.

### **Medical Information**

The school is also updating our student's medical information and updating any health care plans. We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops. Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

### **Students Leaving Early for Appointments**

Please send your student to school with a note in the morning requesting early collection. Students are to present the note to Student Services before roll call (8.30 to 9.10am). Student will be issued with a leaver's pass which can then 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 visitors carpark (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.

### **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 Contributions**

Lismore High Campus request a general and sometimes a subject-specific contribution to enhance our educational programs. There will be no charge to access the minimum curriculum as defined in the Education Act 1990, however, our request for a voluntary contribution for elective subjects is to fund the learning that go beyond the minimum requirements of the curriculum.

NSW Government policy is that school contributions are voluntary. The contributions for elective subjects are used to purchase materials or equipment necessary to undertake the subject. Where a student has not paid their subject contribution, they may be allowed to participate in the lesson but will not be able to consume the product in the case of food-based subjects or keep the item for manufacturing subjects.

Parents and carers who are unable to pay elective subject contributions because of financial hardship may be eligible for assistance from the campus. It is not the aim of the school to disadvantage students in anyway. However, payment of fees is crucial. If you are unable to pay subject contributions because of financial hardship, please contact our School Administration Manager Mrs Cheryl Graham, so we can arrange terms of payment or other financial support.

For 2023 subject fees are able to be paid from your Hardship Flood Funding, to do this you will need to provide details in writing either by note or email— [lismore-h.school@det.nsw.edu.au](mailto:lismore-h.school@det.nsw.edu.au)

### **Making Payments**

The Student Service office is where all payments are received for excursions, contributions etc. Students are able to make payments at the Student Service office before school, at recess and at lunchtime.

The closing date for payment of money for campus excursions and events is clearly specified on the student permission note. After this date no further payments will be accepted and students will not be able to attend the excursion or event. It is important that students develop responsibility for making sure that they have paid on time (and also returned their permission note).

### **Online Payments**

It is now possible for parents to make online payments to the campus for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the campus' website by selecting 'Make a Payment'. Items that can be paid include voluntary school contributions, subject contributions, major excursions and sport.

Student and payment details are entered each time you make a payment and are not held within the payment system. The payment system is hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school. For accuracy of matching up payments please provide student name and reference. For any enquiries regarding the Online Payment process please contact the School Administration Office.



# Back to School Bus Safety

With the school holidays coming to an end and students heading back to school this week, motorists are asked to make safe driving their number-one priority.

## For motorists

- School zones are now back in force. Reduced speed limits and additional demerit points apply.



- Sticking to the speed limit and following the road rules in school zones.
- You must also slow down to 40km/h when bus lights are flashing.
- Lights flash on buses to warn motorists that buses are picking up and dropping off children.
- Looking out for children crossing the road near bus stops, in school zones or along bus routes.
- Giving way to buses when they merge back into traffic.

## STOP!

one step back from the kerb

## LOOK!

continuously both ways

## LISTEN!

for approaching traffic

## THINK!

is it safe to cross the road?

## For parents

- Never drop off or meet your child on the opposite side of the road to the bus stop or call them across the road.



- Always drop them off or meet them on the same side of the road as the bus stop.
- Remind your children to always wait until the bus has gone before choosing a safe place to cross the road.





**Apply online for free school travel in rural and regional NSW. You only need to complete one form, even for journeys using more than one operator.**

To be eligible for free school travel, students may need to live a minimum distance from their school:

There is no minimum distance.

More than 1.6km straight line distance or at least 2.3km walking.

More than 2.0km straight line distance or at least 2.9km walking.

You only need to apply if the student has never been approved for free school travel before. Students in a shared parental responsibility situation (e.g. joint custody) should submit a separate application for both addresses.

You need to update student details online if the student is changing their name, address, school or campus, or their Transport operator. You can update them at [transportnsw.info/ssts-update](http://transportnsw.info/ssts-update)

Does the approved free travel include travel outside school hours?

Approved free school travel is only for travel to and from school. So for travel after hours, on weekends or during school holidays, students will need to buy a ticket.

What if there's no public transport in my area?

In areas where there is no public transport, you may be able to get a subsidy for driving the student to school. For details, visit [transportnsw.info/school-students](http://transportnsw.info/school-students)

How do I apply if the student needs to travel from two addresses because the parents live separately?

Each parent (or the student if aged 16 or over) needs to apply separately for each address. The same minimum distances apply.

You can apply for free school travel for next year from the start of Term 4 this year.

Once you have enrolled your child at the new school, apply online by giving your home address and telling us which bus company the student needs to travel with between home and school. You can apply online at [transportnsw.info/school-students](http://transportnsw.info/school-students)

The school then confirms to us that your details are correct.

We will then work on your application. You will get an email confirming if the student is approved for free travel. If so, we will tell your local bus company who may send a school travel pass (if needed) to your school or, in some cases, the bus company will contact you directly about travel arrangements.

A parent or guardian must apply for students aged 15 years and under. Students who are 16 years and over must apply for themselves.

**MOUNTAIN-PRIMA**

For more information, visit [transportnsw.info/school-students](http://transportnsw.info/school-students)

For help in your language, call the Translating and Interpreting Service (TIS) on 131 450.

## Delivery

For information on how we handle personal information please refer to the Opal Privacy Policy at [transportnsw.info/tickets-opal/opal/opal-privacy-policy](https://transportnsw.info/tickets-opal/opal/opal-privacy-policy) and the School Pass Terms [transportnsw.info/school-pass-terms](https://transportnsw.info/school-pass-terms)







## **TS Lismore Australian Navy Cadets**

### **Endeavour Close, Ballina**

The Australian Navy Cadets is for youth aged 12 1/2 - 18 years.

If you are turning 13 this year you can join now. Cadets experience personal challenges and opportunities for growth in a safe adventurous maritime environment.

- ◇ Teamwork
- ◇ New friends
- ◇ Leading and helping others
- ◇ Sailing, boating, seamanship skills
- ◇ Water safety
- ◇ Navy Ceremonial
- ◇ Safe Handling of Firearms
- ◇ Navy ships and establishments
- ◇ The ANC is supported by trained volunteer staff who assist Cadets to conduct an exciting program. Navy and community groups fund and help support the ANC.
- ◇ Young people from around the Northern Rivers are most welcome.

For further information contact the Commanding Officer:

**Lieutenant Heather O'Hehir**

**Mobile: 0412 957 952 after 7pm - [www.cadetnet.gov.au](http://www.cadetnet.gov.au)**

## CANTEEN MENU



### FRESHLY MADE

**Sandwiches** 1/2 \$2.50  
Whole \$5.00

**Salad Roll** \$4.50

w meat / cheese / avo

**Wrap** just salad \$4.00

w meat / cheese / avo \$5.00

or all 3 \$5.00

**Wrap** w falafel, lettuce,  
Tomato, cucumber &  
Tabouli \$5.00

**Wrap** sweet chilli chicken w  
Lettuce, cucumber, tomato,  
cheese & sweet chilli sauce



\$5.00

Sushi \$4.50

Vietnamese Roll x 2 \$8.00

Salad Tubs from \$4.00

### SNACKS

Custard Cup \$2.00

Fruit Tub \$3.00

Muffins \$2.00

Chips Small packet \$2.00

Corn Chips & Salsa \$3.00



### BURGERS



**Beef** w lettuce, to  
beetroot, cheese & bbq sauce \$6.00

### Chicken Breast Fillet

w lettuce, tomato, carrot,  
cheese & mayo \$6.00

### Spicy Chicken Breast

w lettuce, tomato, beetroot,  
cheese & siracha sauce \$6.00

### Falafel

w lettuce, tomato, cucumber,  
carrot & tabouli \$6.00

### Sweet Chilli & Chicken

w lettuce and sweet chilli  
Sauce \$6.00

### ICE CREAMS

Berri Cup Frozen \$2.00

Yoghurt Frozen Twisted \$2.50

Paddlepop Chocolate \$2.00

Paddlepop Rainbow \$2.00



### HOT FOOD

Scrolls x 5 \$4.00

Nuggett Packet x 5 \$4.00

Bakery Pie \$6.00

Bakery Sausage Roll \$4.00

Toasted Sandwiches

Tomato & cheese \$3.50

Ham & cheese \$4.00

Ham, cheese & tomato \$4.50

Chicken, cheese & tomato \$4.50

Hot Meals \$6.00

### DRINKS

Water 600ml \$2.00

1 litre \$3.50

### Juice

Juice 100% 500ml \$4.00

Juice popper 200ml \$2.00

Juice bomb 250l \$3.00



### Milk

Up & Go 250ml \$3.00

Nippy's 375ml \$3.50

Iced coffee 300ml \$3.50

Iced coffee 500ml \$4.50

Full cream white 2ltr \$3.50

Full Cream white 1ltr \$3.00

Full Cream white 500ml \$2.80