



# In Focus Newsletter of



# THE RIVERS

SECONDARY COLLEGE

TERM 1  
2020

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## Executive Principal, The Rivers Secondary College

The Rivers Secondary College is the heart of secondary education for Lismore. Consisting of three campuses, Kadina High Campus, Lismore High Campus and Richmond River High Campus, The Rivers Secondary College caters for the educational needs of students wishing to pursue the NSW Higher School Certificate, Vocational Education or an alternative pathway. Our students have the benefit of both specialised programs provided by each of our comprehensive 7-12 campuses as well as the combined college programs; including Shared Curriculum, college sporting teams, college dance ensemble, college creative and performing arts events and our college wellbeing program.

We provide a learning environment based on high expectations, mutual respect and personal development. With a strong focus on quality teaching, learning and leading, our teaching programs prepare students for the challenging, ever changing world of which they are a part. Our programs go beyond the core curriculum and allow our students to explore the connections that their learning has with other subject areas, their prior learning and the wider world.

Having held the position of Principal at The Kadina High Campus since the beginning of 2010, I have seen many changes in public education in Lismore. This has not only been the gazetting of the college, but other initiatives including the establishment of a Trade Training Centre across the three high school campuses allowing access to state of the art facilities.

For the 2020 academic year, I have the opportunity to continue being a part of these changes by stepping up into the Executive Principal position.

We are finishing Term One with a different learning environment which is a significant challenge for all, having to move the three campuses to an online platform as Learning from Home has become the norm for the time being.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>

With this in mind campuses will continue to support students through a number of online platforms, but also provide ongoing written work for students who are not able to access the internet. As we move forward we will continue to update any changes being introduced by the Department of Education, and NESAs for our HSC students through all channels available.



Ian Davis  
Executive Principal  
The Rivers Secondary College



## Principal, Kadina High Campus

The Rivers Secondary College, Kadina High Campus, is committed to improving the educational outcomes and wellbeing of all students. Our staff are aware of the privileged position we hold as educators and the responsibility we share to strive for continuous improvement and quality outcomes that make a meaningful difference to our students. We believe that our school must reach every student and provide every opportunity every day.

To achieve this vision The Rivers Secondary College, Kadina High Campus aims to increase participation of the school community in positive learning experiences through improved attendance and community engagement. We aim to maintain partnerships with our local primary schools developing engaging transition programs to ensure continuity of learning and will continue to engage in an effective cycle of improvement in teaching and learning.

With the ever-changing environment that our students are now living in, it is The Rivers Secondary College, Kadina High's goal to develop skills and experiences for students to be lifelong learners. The technological revolution that our society is experiencing requires a significant shift in pedagogical practices so that we can better support students to make the transition to future learning and employment, and acquire the skills they need to make informed contributions to society.

To achieve this, we are focussed on the strengthening of teaching and learning practices, staff collaboration and continual upskilling through regular professional learning. Our focus on evidence-based practices including formative assessment strategies and the Super 6 comprehension strategies allows our staff to present challenging and innovative programs. The curriculum is purposeful, engaging, accessible and inclusive responding to student needs promoting the belief that excellence and success is achievable for all; students, staff and community.

As a school built on the land of the Bundjulong Nation, Kadina High Campus is committed to increasing knowledge and understanding of the histories, cultures and experiences of Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We run targeted programs to support and build the capacity of our Aboriginal students including: Our Footprints, Widjabal Wiyabal Dreaming Program and the Broncos Program.

Finally, we provide a comprehensive range of extra-curricular activities for students. These include: SRC, Leo's, The Rivers CAPA productions, Lions Youth of Year, Soul Band, STEM programs, many and varied sporting opportunities, school to work transition plans and activities, and university partnership programs.



Tracy McGrath  
Principal  
Kadina High Campus



## Principal, Lismore High Campus

A very warm welcome to all from the Lismore High Campus community. I would like to congratulate you on your choice of The Rivers Secondary College as your provider of secondary school education. Lismore High Campus is a friendly community, characterised by academic excellence, where each individual is valued and supported to achieve personal success and well-being. Our key aim is to engage our students in the learning process and develop in our students' 21st Century Learning Skills, with the school committed to providing individualised learning experiences, tailored to the needs of our students.

Our committed staff not only focus on providing students with optimal learning experiences, but students at Lismore High Campus have the opportunity to participate in a wide variety of programs and curriculum pathways. Through our Project Based Learning and ALPHA class to our Accelerate program and Aquaponics facility, we ensure that all our students achieve and grow to their potential.

School is more than academic results. It is about shaping individuals who positively contribute to society. Our Leadership, Sport, Arts and student wellbeing curriculum ensure students have the opportunity to develop the necessary skills for success.

Our Student Representative Council and School Captains have a strong voice, and lead many of the directions at the school, growing a very cohesive student community.

The staff ensure that all students develop their social emotional needs and grow as young people, with our skilled year advisors and support staff, to support the students through this most important journey.

Innovation is key to Lismore High Campus success.

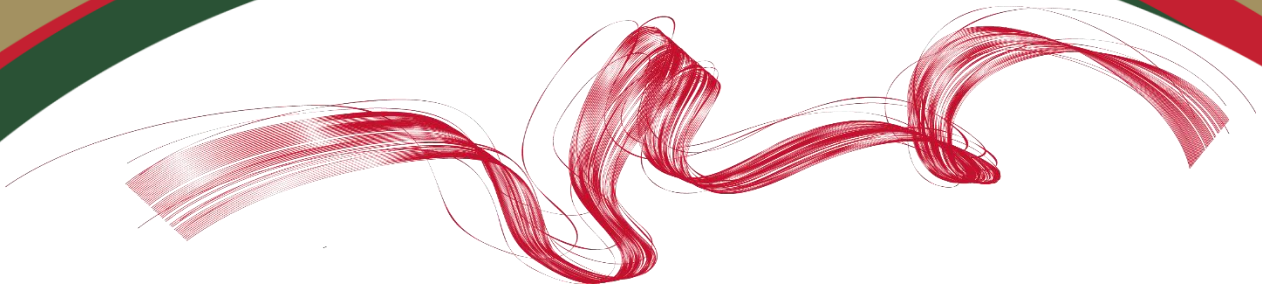
We continue to explore new ways of student engagement, student retention and student transition. We achieve this through our many community and support links ensuring no student is left without an education. In the future we are opening up opportunities for our students in STEM, Aquaponics and extensive school to work experiences leading to a very bright future for students of Lismore High Campus.

We encourage our students to be courageous with their learning, have new positive experiences, to grow as young people and enjoy Lismore High Campus as a place of innovation, education and individualised learning experiences. To make the most of your time at Lismore High Campus, we encourage students to be actively involved in what the school has to offer making contributions to your learning.



Chris Williams  
Principal  
Lismore High Campus

*I am currently on leave. Until my return in Term Two Mr Swanbury has been in the Principal's chair and I would like to acknowledge the work he and the team have been achieving in my absence.*



## Principal, Richmond River High Campus

The Rivers Secondary College Richmond River High Campus is the largest of the three campuses and is situated in picturesque grounds in North Lismore. Our rambling, farm like setting is close to the heart of Lismore, and is characterised by old, high set weatherboard buildings built to endure our oft-occurring floods. Our school vision is 'Inspired Learning for Lifelong Success' and student engagement in learning is viewed as our most important work here at Richmond River High Campus. We work in a variety of ways through programs that are strong, educationally sound, based on evidence and regularly reviewed. Teachers, the leadership team, students, parents and the community work to seek relevance and opportunity for our young people. We have the OnTrack Program to support students, the opt-in High Achievers Classes to create extra opportunities for talented young people, the Show Team to provide opportunities for our Primary Industry's and Agriculture students, the Study Skills program and the Learning Centre and SLSO team to support all students who request some assignment or homework help. To support Aboriginal Education we run the Quicksmart Program to assist students to boost their literacy skills and intend to initiate the Quicksmart Numeracy program this year. The Broncos Girls Academy and Sista Speak provide excellent support for our young Aboriginal women.

Connections in the educational setting are our life blood. Connections between students and their teachers, between teachers, between teachers and parents and between all those groups and the leadership team are integral and inter-related aspects of the services we provide for our young people. The specific programs to support connectedness are the School Camps program including Great Keppel and the Snow trip, supported a strong transition to school program, knowledgeable and inclusive senior subject selection processes and some excellent community events such as Star Gazing. We use social media broadly to connect with our community in a manner which suits them. We currently use FaceBook, the Schoolstream app, the school website and email to communicate both good news and vital messages. We welcome you to The Rivers Secondary College and congratulate you on your choice to join us.



Mary-Jane Pell  
Principal  
Richmond River High Campus.

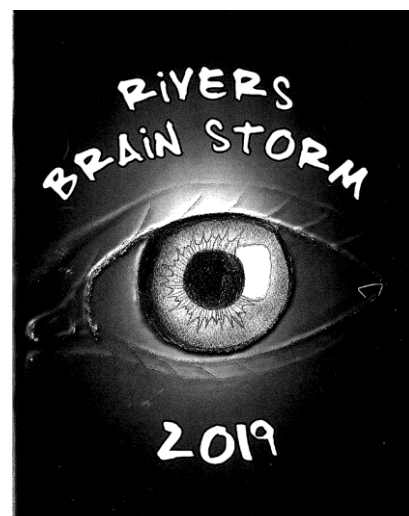
*I have taken leave from mid Term One and will continue to be on leave until the end of Term Two. Mrs Marr has stepped up to the Principal role and Mr Clark to the Deputy Principal role while I am on leave.*

## LEARNING AND DEVELOPMENT

### Rivers Writing project

The Rivers Secondary College continues to maintain the focus on literacy with a particular focus on writing. In 2018 we introduced The Rivers Writing Project, involving students from our three campuses, along with our partner primary schools. It is coordinated by Mrs Polly Jude, English teacher at Kadina High Campus and supported by writers from the Byron Writers' Festival.

In 2019 they published their work in Rivers Brain Storm magazine. This contained the students' stories and was illustrated by both primary and secondary students.



The 2020 Rivers Writing Project is well underway, with keen, talented writers already heavily engaged in developing their 2020 writing efforts. We have a firm belief that projects that are aimed at an audience significantly beyond the classroom has the ability to enhance the quality of work that students are able to generate.

This year we have primary school writers from 8 primary schools (years 5-6) and writers from all 3 campuses of The Rivers Secondary College (year 7-12). Illustrators come from all 3 campuses and 6 Primary schools (years 5-12). Students completed an application form and provided a sample of their work before being accepted into the project. We look forward once again to viewing the students' work and continue to support and encourage all of our students in developing their ability as young writers.

## STUDENT WELLBEING

### Stay Safe

Keep observing the rules around social distancing and stay at least 1.5 metres away from others who aren't part of your household, and help protect yourself and others around you by regularly wash your hands for at least 20 seconds.

### Stay Healthy

Eat regular meals and healthy snacks and maintain a regular sleep pattern so that you're rested and prepared to study the next day.

### Stay Active

Take a break away from your screen every 40 minutes. Build up a daily routine that incorporates some sort of physical exercise.

### Stay Connected

Although we may not be able to socialise with our friends face to face as much, it's important to keep in touch and use social media to stay connected and support each other.

### Stay Informed

Not everything you'll read and view on social media is necessarily true. Find a reputable source of news and information so that you can keep up to date with current events and remember to ask your parents or carers about anything you're not sure about.

### Stay at Home

Anyone can spread COVID-19 or catch it. You may feel fit and healthy, but COVID-19 affects both young and old people. Unless you are going to work, school or an educational institution, shopping for food and essentials, to get medical care or supplies or exercise, you should be staying at home.





ehespace provides free online support and counselling to young people 12 - 25 and their families and friends. Visit <https://headspace.org.au/ehespace/>



Reachout aims online mental health organisation for young people, providing practical support to help them get through everything from everyday issues to tough times. Visit <https://au.reachout.com/>



Smiling Mind aims to provide accessible, life-long tools to support health minds.

Visit <https://www.smilingmind.com.au/> or download the app.

“Mindfulness is proven to lead to better attention, memory, regulation of emotions and self-awareness. In turn improvements in these areas can lead to reduced stress, anxiety and depression, better academic skills, social skills and self-esteem”.

**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system	<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help	
<b>8</b> Take five minutes to sit still and breathe. Repeat regularly	<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast	<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger	
<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits	<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself	<b>21</b> Send a letter or message to someone you can't be with	
<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go	<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year	
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time					<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> 	

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

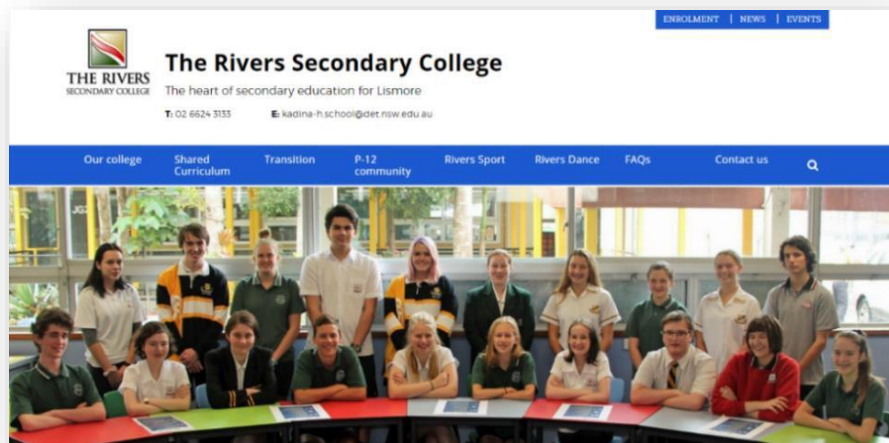
Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## Improving College Process

We are continuing to refine our college website. The address is <https://therivers.schools.nsw.gov.au/>

The website contains information about:

- Shared Curriculum
- Transition
- P-12 Community
- Rivers Sport
- Rivers Dance
- FAQs
- Upcoming events



## College Facebook

We have recently introduced The Rivers Secondary College Facebook page. We are looking forward to using social media further to provide information about recent and upcoming events and initiatives.



## Free Software available to public students.

Students with a current NSW Department of Education email address are able to download Microsoft and Adobe software **free of charge**. While all the software available from the DoE is Microsoft Windows compatible, Apple MacBook's only have limited compatibility.

Titles include Microsoft Windows 10, Microsoft Office 2016 for Windows and Mac and Adobe Creative Cloud for Windows and Mac.

You can access the NSW Department of Education Software Catalogue from the website below.

<http://nsw-students.onthehub.com/>

Chromebooks and Tablets (both Android and IOS) have no software available to them.

**To use these hardware products you must use cloud based software such as Google Suite and Office 365 through the student portal.**

## In Focus newsletter

This is our first 2020 edition of the In Focus newsletter of The Rivers Secondary College. It aims to:

Keep our college community up to date with our key focus areas linked to the college strategic plan.

- Provide an engaging format to communicate the excellent opportunities and innovations occurring across the college
- The magazine will be published towards the end of each term.



## The Rivers Secondary College Prospectus

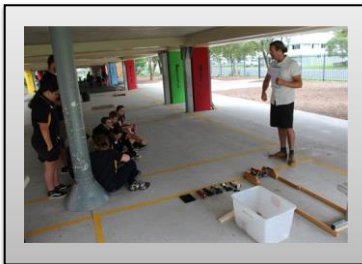
This was released in term 1 2020 and aims to inform our community about:

- Opportunities available across The Rivers Secondary College
- Unique areas of excellence and innovation at our three campuses.



## College Roadshow

In week 7, 10 members of staff and around 20 students from The Rivers Secondary College formed our first College Roadshow for 2020. They presented to Year 5 students at South Lismore PS and Goonellabah PS with students from Blakebrook PS, Manifold PS, The Channon PS, Whian Whian PS, Goolmangar PS, Larnook PS, Coffee Camp PS and Eureka PS. Year 5 students participated in gas car challenges, rocket launching, science experiments, mathematical problem solving, drumming, drama, visual arts and writing. This was all supported by staff and students from our three campuses. It provided year 5 students with engaging activities as an introduction into the programs that are on offer across The Rivers Secondary College. Two more roadshows will occur in Term Three at other venues.



## Our Supporters



Lismore Workers Club



Advanced Life Photography



Sydney University



Lords Taverners



Liverpool International Football Academy



Beyond Empathy



Schools Plus Fair Education



North Coast TAFE



Byron Bay Bluesfest



Byron Writers Festival



headspace



The Broncos



Southern Cross University