

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

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ISSUE 33 | TERM 4 | WEEK 9

Relieving Deputy Principal's News

With the end of the school year holidays fast approaching, I thought it might be timely to pass on some helpful contacts and wellbeing wisdom for everyone to survive the holidays. There are many supports in place for students at school to support wellbeing and some students can feel particularly vulnerable over the holidays without these points of contact. The following may be of use:-

Beyond Blue - 1300 224 636 infoline@beyondblue.org.au

Kids Helpline - 1800 551 800 The Kids Helpline also has a great website, not just someone to talk to - it offers a great deal of helpful age appropriate information on a range of issues that affect our young people. It can be a great place for parents themselves to gain insight into teenage problems, as well as a place to refer children if they won't open up to you (which is often the case).

Too much screen time is also unhealthy, try to limit screen time and definitely have a curfew on internet access late at night. Here is my favourite tip for this -

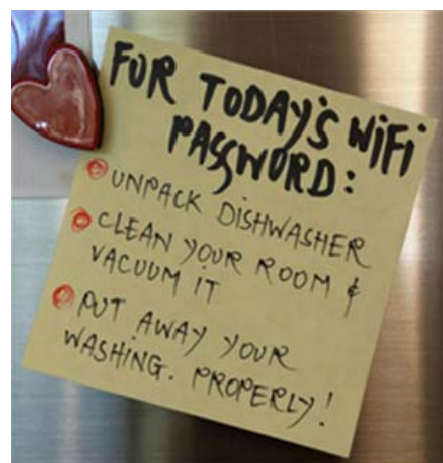
1. Learn how to change the password on your Wi-Fi.
2. Set a reasonable curfew and change it at this time.
3. Put a note on your fridge first thing the next morning with a job list that will earn them the new password!

All that said - the best way to stay happy and well is to keep active, get plenty of exercise, maintain a healthy diet, and take the time to enjoy fun with friends and family.

Have a great weekend

Louise Savins

Relieving Deputy Principal



2018 Return To School Dates

Monday 29 January - Staff Development Day - no students

Tuesday 30 January - Years 7, 11, 12 return

Wednesday 31 January - Years 8, 9, 10 return

Careers Adviser News

Year 12 Queensland University Tour

Last week twenty-three RRHC students went on a QLD University Tour. We toured five universities: Bond University, Queensland University of Technology, University of Queensland, Griffith University (Gold Coast Campus) and Southern Cross University (Gold Coast Campus). We stayed overnight in the Emmanuel College at UQ. Thanks to the Lismore High and Evans River students for travelling and sharing a bus with us. All the students had a great time and gained a real insight into what these tertiary institutions can offer them.

Eden Weir
Career Adviser



Year 10 being creative in the kitchen

This term Year 10 have been studying 'Food trends' for 2017. They have learnt a variety of new skills and techniques and exposed their taste buds to an array of new and unfamiliar food products. This colourful healthy breakfast dish created on Friday uses the popular purple Brazilian fruit Acai (pronounced "ah-sigh-ee"). An acai bowl is a thick-blended, antioxidant-rich smoothie that is essentially poured into a bowl and topped with all sorts of fresh, dried or frozen fruits then finished with crunchy toppings like granola, nuts or toasted cereals. The students had lots of fun creating this summery dish.

Jessica Cavanagh
TAS Teacher



From the Front Office

Due to the new NSW public schools Finance System we are unable to hold any money overnight and so we do not have any change for payments.

If possible when making payments for your student, can you please provide the correct money.

We apologise for any inconvenience caused.



Please note: Payments to the Front Office will close at 3.15pm on Thursday 14 December. No further payments will be taken after this time.

Receiving will resume on
Tuesday 30 January 2018.

Year 6 into Year 7 Orientation Day

On Tuesday Year 6 visited us for their second Orientation Day. The students enjoyed dance and music performances, and then participated in some peer support activities run by our Year 9 mentors. After recess Year 6 attended one of the following workshops: Textiles, STEM, Visual Arts, TAS, Geography or Science where they were very engaged with the activities on offer. Everyone enjoyed the sausage sizzle lunch cooked by the Support Unit students. In the afternoon there was a whole group percussion workshop. Thanks to all the RRHC staff and students who made the day a great experience for Year 6.

Tracy Kelso

Year 7 Adviser 2018



Year 8 Investigating History through recreation

Continuing with our theme of investigating history through recreation, 8-2 and 8-5 have been making Aztec masks. Not having access to the same resources as the Aztecs, we recreated the masks using balloons and paper mache. Many of the students persisted with the process, layering their balloons with newspaper each lesson and then covering the mask in a final layer of coloured paper. The result has been the creation of some very interesting masks. It has been a thoroughly enjoyable process and a great way to end the term.

Kim Sheldon
HSIE Teacher



CALENDAR

TERM 4 - Week 10B

11 December

Activity Day 1

12 December

Activity Day 2

13 December

14 December

Years 7-10 Reports issued

Years 7-11 Awards Assembly - 10am

River Idol - 1.40pm-3.15pm

15 December

Last day of Term

2018 TERM 1 - Week 1A

29 January

Staff Development Day - no students

30 January

Years 7, 11, 12 return to school

31 January

Years 8, 9, 10 return to school

1 February

2 February

CANTEEN ROSTER

11 December -

12 December -

13 December -

14 December - Dorothy Tan

15 December -

If you can help, please phone
Kathy Claydon on 6621 4890.



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www.richmondri-h.schools.nsw.edu.au

www.facebook.com/richmondriverhigh

Canteen: 6621 4890

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

*To view all current events at
Richmond River High Campus, please
refer to our Facebook page at:*

[RRHC Facebook](#)

(you do not have to have an account on
Facebook to access our page)

*Or alternatively go to our web site and click
on the link at the bottom of the page.
Please let us know if you have problems
accessing it.*

*To view The Rivers Secondary College
SMORE newsletter go to*

<https://www.smore.com/1n9qd>

Canteen Specials Week 10 -

There are no specials this week.

***There will be surprise meals
each day...***

QUOTE OF THE DAY

*"Do the best you can until
you know better. Then when
you know better, do better"*
(Maya Angelou)

From the Canteen
If anyone has an abundance of
fresh fruit and would like to
donate it to our Canteen, it
would be greatly appreciated.



From the Library - Book Amnesty

Following our Library stocktake there are some Manga books not on the shelves and not loaned out to students. These are very popular books and our students are wanting to borrow them. We ask that parents/carers and students please check at home and bring/send in any that are found. Below are Series lists with copies missing. Thank you for your assistance.

Hack series
Blue Exorcist series
Prince of Tennis series
Soul eater not! Series
Yu-Gi-Oh! series
Yu-Gi-Oh! 5Ds series
Yu-Gi-Oh! GX series

TEXT BOOKS

Could all text books and English novels be returned through the Library as soon as they are no longer needed. Students are waiting to borrow them.

Louise Seccombe
Teacher/Librarian

Youth Book Club

Arrive with a book you love. Leave with one to explore!
 10 - 17 year olds welcome.

Last Thursday of the month
 4pm - 5pm
 Lismore City Library



Richmond Tweed Regional Library
 Connect. Discover. Escape.

Lismore City United Physie/Sport & Dance are offering affordable classes that will enhance children's healthy lifestyle. Physie is a fusion of dance, sport and fitness. Visit - <https://www.youtube.com/watch?v=MICEfjFX9nk> For enrolment information beginning February 6-7, contact Emma on 0478061715, Margaret on 66222126 or Natalie on 0417422972.



NDIS for School Leavers

Come and learn about how the NDIS can support participants in achieving their employment goals and aspirations after finishing Year 12.

School Leaver Employment Supports (SLES) is an early intervention approach designed to assist Year 12 school leavers who are NDIS participants with the transition from school to employment. SLES is expected to deliver vocational skills development and contribute to the participant achieving an employment outcome. SLES may include job skills, travel and communication training.

This information session is for participants to discover what employment supports are available for them as they become NDIS ready.

Tweed Heads
 Seagulls Club
 Gollan Drive
 Tweed Heads NSW 2485
Lismore
 Lismore Workers Sports Club
 202 Oliver Drive
 Goonellabah NSW 2480

Register here:

Tweed Heads – Tuesday 5 December 2017

NDIS for School Leavers - Tweed Heads

Lismore – Thursday 7 December 2017

NDIS for School Leavers - Lismore

Please direct any forum enquiries or specific accessibility requirements to engagement@ndis.gov.au

Note that if an Interpreter is required we will need five days' notice.

Tuesday 5 December 2017
 3:00pm – 4:30pm

Thursday 7 December 2017
 3:00 – 4:30pm

SUMMER THEATRE WORKSHOPS

FOR YOUNG PEOPLE AT NORPA



NORPA are offering three exciting acting workshops for young people aged 8-18 years. Each workshop explores the crazy ways in which NORPA makes theatre — from the physical and dynamic to the bold and downright silly. Join us for a deep dive into the world of performance, imagination, physical expression and collaborative theatre-making strategies (which is just the grown ups way of saying we'll play lots of games).

22-25 JANUARY 2018 | 10AM – 4PM

STEPPING INTO IMAGES
 WITH BARRY LAING
 15-18 years

Bridge the space between imagination and physicality by exploring the intersection of image, movement, music and text. Explore collaborative strategies for theatre making, creating images that emerge from young people's concerns and interests.

NOT A WORD
 WITH KATE WALDER
 12-15 years

Spend a week exploring how much you can say without actually saying anything. Discover how physical theatre can help us express a range of emotions and explore clowning and maskwork.

EMPOWERED PLAY-MAKING
 WITH AJITA CANNINGS
 8-12 years

This workshop holds children's natural joy and inherent inquisitiveness as performers and creators at its heart. An exciting and safe environment to explore performance.

LOCATION Lismore City Hall | 1 Bounty St, Lismore
PRICING \$260 per student
 \$240 early bird price if paid by December 22, 2017
 \$200 for second and subsequent children from the same family

*A limited amount of financial hardship rebates are available to low socio-economic families. please contact education@norpa.org.au

norpa Shaping contemporary theatre
 from regional Australia
norpa.org.au

CONTACT Ajita Cannings - Education
 02 6622 0300
education@norpa.org.au

RICHMOND RIVER HIGH CAMPUS

CAN YOU HELP?

FRIENDS OF RRHS.
CAN YOU SPARE 2 HOURS
FROM YOUR DAY
TO HELP IN THE CANTEEN?

**EVERY LITTLE
BIT COUNTS**

CALL KATHY CLAYDON ON
6621 4890

Knit & Chat



**Wednesday Lunch in
Library**

ALL Welcome


In support of "Wrapped With Love" charity

ATTENTION

All Parents/Carers

LOWES

You can purchase school uniforms
online from Lowes.
It is free delivery for orders over \$100
and you can exchange sizes at the shop
if needed. The website is -
www.lowesschoolwear.com.au

 **THE RIVERS
SECONDARY COLLEGE**

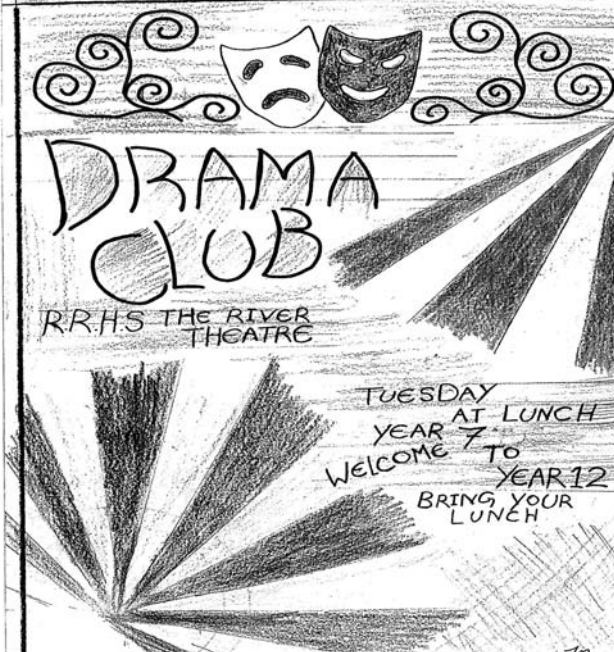
**Breakfast
Club
Every day
8.15-8.50am
Chill Out
Room**

**START YOUR
DAY RIGHT AT
BREAKFAST
CLUB**

**Breakfast
Club
Every day
8.15-8.50am
Chill Out
Room**

**Attention all Parents
and Carers**

Our newsletter is published every Friday
and is uploaded onto our website:
www.richmondri-h.schools.nsw.edu.au
and emailed to parents whom we have
received their email addresses. We do not
provide paper copies unless specifically
requested by parents and the students
need to come up to the Library to collect a
paper copy at 3.15pm on Friday
afternoons.



**DRAMA
CLUB**

RRHS THE RIVER
THEATRE

**TUESDAY
YEAR 7
WELCOME TO
YEAR 12
BRING YOUR
LUNCH**

Need someone to talk to?

CALL:
Kids HELPLINE 1800 551 800
Lismore HEADSPACE 6625 0200
Mental Health Line 1800 011 511
Beyond Blue 1300 789 978