

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

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2018 | ISSUE 31 | TERM 4 | WEEK 1

Good Luck Year 12 in your exams



North Coast National Show

Once again RRHC students have participated in many aspects of the Lismore Show. Look out for their wonderful work in the Pavilions - woodwork, art, vegetables, cooking and photography. Agriculture students will be participating in the Beef Cattle Paraders Competition and in the Poultry section, we have some fowls entered. On Tuesday over thirty students were involved in a School to Work program cooking for the Show including: cakes, confectionery, jams, desserts, spreads, slices, toffee, scones and biscuits. Good luck to all who are participating in some way at the Show.

Karen Purcell, Show Coordinator



Deputy Principal's News

Welcome back to Term 4. It was very nice to see the sun this morning and hopefully it will remain with us over the next few days to give some dry weather for the remainder of The Lismore Show. Many of our students have entries in various competitions and are involved in performances. We wish all of our students involved in these activities the best. We also hope many others enjoy and support this local event.

We have another very busy term ahead with many opportunities for our students. These include but are not limited to Year 9 PASS and Year 11 SLR students undertaking an Aquatics unit, sporting trials and events, various field trips, the NSW Schools Constitutional Convention, workshops including the Love Bytes program, the 2019 School Captain election, the Year 12 Formal and university tours.

Week 1 has seen the start of the HSC Examinations and our whole school community wish all of our Year 12 students the best in the examination period and beyond. It was nice to see many smiles at the end of the first examination and I was reminded of what a special place RRHC is as many students checked in with peers and staff on this first day of the HSC examination period.

Parents and carers of our 2019 HSC (current Year 11) students are encouraged to seek out the *Stage 6 Guide Assessment Policy and Assessment Schedule* booklet that will be handed out to students next week to inform them of the rules around, expectations of and timing of 2019 HSC assessment tasks. Some policy and procedure changes have occurred due to new NESA requirements. These changes affect the number of tasks and the type of tasks delivered, as well as the timing and weighting of tasks. There are also changes to the misadventure process. The *Stage 6 Guide Assessment Policy and Assessment Schedule* booklet also provides a calendar of tasks to ensure all students can plan their time most effectively.

Please ensure that as a parent or carer of an HSC student, or any student, that both you and your children seek clarification and support as needed from classroom teachers, Head Teachers, Deputy Principals, support staff or the Principal to ensure a smooth ride through this sometimes tumultuous time that is secondary schooling.

With such a busy term remember to look after yourselves and each other, and seek support as needed.

Belinda Marr
Deputy Principal

From the Community Liaison Officer (CLO)

Each year our school needs to collect information to help us improve what we do.

We need your help to do this well.

Below is a link for our anonymous survey about important aspects of our school.

<http://nsw.tellthemfromme.com/p9p7s>

This survey closes in one week so we appreciate your speedy replies.

I will be contacting people by every means available so please help us out here.

Thanks to those who have already completed the survey. We appreciate your support.

Anne Bowden
Community Liaison Officer (CLO)

Awesome opportunity

If you are a student aged 14–18 in January 2019 and attend an Australian secondary school, you are eligible to apply for the National Questacon Invention Convention.

WHAT IS THE NATIONAL QUESTACON INVENTION CONVENTION? The National Questacon Invention Convention is an all expenses paid, five day workshop in Canberra, held every January. It's immersive and fun – play, make, design and laugh your way through a week of inspiration and creativity. This year we will be exploring innovative ways to create, make and prototype solutions to problems around a theme provided. If interested please see Ms Macleod in the Science Staff Room for further details and an application form.

Applications close Sunday 21 October, 2018.

GREAT NEWS FOR PARENTS & STUDENTS

OUR SCHOOL HAS SUBSCRIBED TO AN ONLINE & INTERACTIVE STUDY SKILLS HANDBOOK

The **ELES Online Study Skills Handbook** provides a comprehensive and interactive online guide for the school community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students' affinity with technology to create a new and effective way to improve students' study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.



We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this online resource.

www.studyskillshandbook.com.au



**Enhanced Learning
Educational Services**
"the study skills specialist"

P: 0416 293 087 F: 02 9908 1893
info@enhanced-learning.net
www.enhanced-learning.net

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The topics currently covered by the handbook are:



AT HOME

1. Home Study Environment
2. Organisation & Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle & Balance
10. Managing Stress



AT SCHOOL

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills



SPECIFIC SKILLS

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignment Skills
7. Research Skills
8. Presentation Skills



STUDYING

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams



EXTRA 'GENERAL' MINI-UNITS

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues & Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
7. Educational Kinesiology
8. Living Across 2 Houses
9. Travel: A Motivator to Learn
10. Uni: Lecture Note-Making



EXTRA 'TECHNOLOGY' MINI-UNITS

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

To access the handbook, go to
www.studyskillshandbook.com.au
and login as a subscriber with these details:

USERNAME: **RRHC**

PASSWORD: **88success**

Please note:

The above user name and password is for the use of the secondary school parents and students AT OUR SCHOOL ONLY. Please do not pass our school's details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook.

RRHC Hosts Visual Art Teachers Workshops

Last term, Art teachers from Grafton to Tweed Heads converged on RRHC to participate in a series of NESA registered workshops hosted by S&S Wholesale, an art supply retailer.

Tutors Leona and Angela conducted three workshops across a range of media and techniques in printmaking, sculpture and using fabric as a medium. Teachers responded very positively with all workshops at capacity ... "it was a great opportunity to work with colleagues from other schools exploring possibilities for extending our teaching practice in the Visual Arts" Ms Simpson said.

The facilitators and participants thanked RRHC for hosting the workshops, and an extra thank you to Angela and Leona from S & S Wholesale for bringing this great opportunity to the rural teachers. Some of the finished products included soap stone sculpture, printing on CD's and solar etching.

Louise Savins
HT CAPA



School Stream App - Please download

Reminder to our RRHC community that we use the [School Stream](#) App. Parents, carers and students, please download the app to your mobile device to receive



iPhone / iPad iOS

1. From your mobile device go to the **App Store** search for **School Stream**
2. Tap the **FREE/GET** button to the right of the School Stream listing
3. Tap the **INSTALL** button
4. Enter your Apple ID and password & tap **OK**
5. Wait for the install icon to change to **OPEN**
6. Tap the **OPEN** button
7. You will be prompted to accept push notifications, you will need to select **OK**
8. Start typing **TRSC - Richmond River High School Campus** into the search then **SELECT** **TRSC - Richmond River High School Campus**

If you are viewing this page on your mobile device, visit the store link below.

Available on the **App Store**

Windows Phone/Other Devices

Contact your school for your web link, and follow these instructions:

To pin a website on your **Windows Phone**:

- Open the website you want to pin
- Tap More icon, then tap Pin to Start

You will be able to access all of your school's information, however you won't be able to receive notifications.

Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.

Android / Tablet

1. From your mobile device go to the **Play Store** search for **School Stream**
2. Tap the School Stream listing
3. Tap the **INSTALL** button
4. Tap the **ACCEPT** button
5. Wait for the app to install then tap the **OPEN** button
6. Start typing **TRSC - Richmond River High School Campus** into the search then **SELECT** **TRSC - Richmond River High School Campus**
7. Tap the **DONE** button in the top left



If you are viewing this page on your mobile device, visit the store links below.



Other useful information

Troubleshooting tips

[Follow this link.](#)

Are your children attending different schools?

Don't worry, School Stream caters for multiple schools from within the app itself. Jump between your children's schools by touching the school logo/name, or switch schools from the slide-in menu.

Choose which notifications you receive:

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to **Settings**
3. Under **Edit/Alerts** select **My Schools** and select your School to open the **Notifications** page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the **Back** button to return to the **Settings** page, then select **Done** to return to your School
6. Return at any time to change the notifications you receive.

CALENDAR

TERM 4

WEEK 2A

Monday 22 October

Year 11 SLR Aquatics

Tuesday 23 October

Wednesday 24 October

Thursday 25 October

Year 9 PASS Aquatics

Friday 26 October

WEEK 3B

Monday 29 October

Valid8 Science

Rivers U15s Netball Trials

Tuesday 30 October

NSW Schools Constitutional Convention

Year 10 PASS Roller Skating

Wednesday 31 October

Thursday 1 November

Friday 2 November

Year 11 Reports to students

QUOTE OF THE DAY

"Life is like a box of chocolates. You never know what you're going to get."
(Forrest Gump)



RICHMOND RIVER HIGH CAMPUS

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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 ROSTER

22 October - Help needed

23 October - Help needed

24 October - Meryl Condon

25 October - Dorothy Tan

26 October - Help needed

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

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.



Canteen Specials Week 2

Monday 22 October

Roast beef with mixed salads - \$5 Small, \$7 Large

Tuesday 23 October

Mixed pasta - \$5 Small, \$7 Large



Thursday 25 October

Butter chicken or Butter vegetables with rice
-\$5 Small, \$7 Large

Friday 26 October

Beef or Bean nachos with fresh salsa
of salad - \$5 Small, \$7 Large



Our School Password is:

richmond



The news for your Careers sent to you!

Visit: www.jobjump.com.au



Did you know your kids
may be entitled to \$1000
of free dental care?

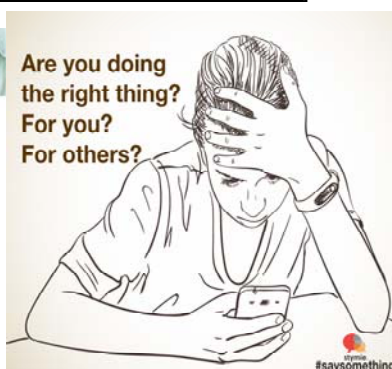
Ask us about the
Child Dental Benefits
Scheme

National Dental Care
126 Molesworth St
Lismore, NSW 2480
(02) 6621 2363

Now open Saturdays



Are you doing
the right thing?
For you?
For others?



#saysomething



Student Online Portal

All students can now access information such as timetables, school and assessment calendars online through the student portal - login name and password is the same as DET account. The student portal web address is: web2.richmondri-h.schools.nsw.edu.au/portal/login



The Rivers Secondary College - Richmond River High Campus uses STYMIE to support student wellbeing and to support direct action against bullying in our school.

The program educates bystanders about their responsibilities and provides an online, independent reporting method, ensuring complete anonymity for students making notifications; creating a sense of safety in 'the crowd'. The use of Stymie will help change the 'culture of acceptance' of bullying behaviours. Students can access Stymie by going to www.stymie.com.au and www.facebook.com/stymieau

Small changes,
big differences.



FREE 5 sessions
Triple P Group

Positive Parenting program



Starting: Tuesday 30th October
Ending: Tuesday 27th November
Time: 10am to 12:30 pm
Venue: 41 Wilson Street, South Lismore

PRESENTER: Gudrun, Family Support Network

Triple P can help you:
- Build a positive relationship with your child.
- Help your child develop to their full potential.
- Use discipline strategies that work.
- Take care of yourself as a parent.

Please ring Family Support Network on 6621 2489 to secure a place!

www.triplep.net

Tuning in to Kids



Family Support Network Inc.

FREE
Parenting Program

FREE

For Parents with children aged between 0 and 12 years.
Each Thursday from 4 November to 6 December 2018, 10:00am to 12:30pm
Held at Family Support South Lismore - 41 Wilson Street, South Lismore

Tuning in to Kids focuses on the emotional connection between parents and children. In particular it teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. Children with good emotional intelligence often have better emotional and social skills, as well as fewer behavioural difficulties.

Tuning in to Kids teaches parents:
Awareness and regulation of their own emotions
Awareness of their child's emotions
How to respond appropriately to their child's emotions
Skills to assist their children to verbalise and manage their own emotions.

Facilitator Courtney Kaevers



1-2-3 Magic Parenting Group



Who: For parents/carers of children 2-12 years.

When: November 2, 9, 16, and 23, 2018
(4 Friday) 10am to 12:30pm.

What: 123 Magic & Emotion Coaching is a free four session parenting course, designed to provide parents and carers with skills to prevent or manage common behaviour problems. The program also helps parents to build positive relationships with their children and explores ways to make parenting more enjoyable.

Where: 30 Wyrallah Rd Lismore

Childcare: If you'd like to arrange childcare while the group is on, please phone The Gingerbread House on 6622 1130
ASAP to reserve a place for your child.

Bookings: Places are limited, so please phone 6621 2489 to reserve your place.
Morning Tea provided.



Family Support Network Inc.

Inspiring communities, families & children to connect, move & grow.

30 Wyrallah Road Lismore
PO Box 235
Lismore NSW 2480

Phone: 02 6621 2489
Fax: 02 6621 3208
E-mail: admin@fournet.org.au

School Uniform

Rationale: We need all stakeholders; students, staff, parents and carers to play their part in ensuring that Richmond River High students wear school uniform. RRHC P&C, in consultation with the school community, decided on 23/11/99 that RRHC would be a uniform school. At this time a uniform policy, and uniform requirements, based on community feedback were established. Both the policy and requirements have refined since with further community consultation.

Please be aware students are encouraged to wear Richmond River branded shirts, jumpers and pants/ skirts.

Items of clothing worn to RRHC cannot be ripped, must be of a single colour, cannot have stripes/ embellishment, must be of an appropriate length and have no or a very small (smaller than the size of a credit card) single coloured logo.

Tights, black T-shirts, singlet/ tank tops, midriff tops, transparent fabric, torn/ ripped clothing, incorrect colours and stripes, large logos or slogans and shorty shorts are all unacceptable for school.

Statement of Expectations

A. Excursions:

- The teacher in charge of organising an excursion should discuss the suitable clothing to be worn by students when seeking approval from the Principal to run an excursion.
- Students will not be allowed to participate on a school excursion if they fail to wear the specified uniform.
- Students who are not allowed to go on an excursion due to failure to follow the above uniform procedures may not receive a refund if the excursion costs are not covered.

B. Formal Assembly Awards:

- Students to receive an award/certificate at a Formal Assembly must be wearing full school uniform.
- Students who fail to comply with this procedure will receive their recognition at another appropriate time.
- Students who wish to speak to the school at an Assembly or perform in front of an Assembly must be in uniform or ask another student dressed appropriately to take their place.

C. Student and Parent/Carer Responsibility:

- Students with the support of their parents and carers are expected to exercise their full responsibilities prior to school each day for wearing of the school uniform.
- Parents/carers should provide a written explanation when their student is out of uniform due to unforeseen reasons.
- In cases of financial hardship, parents/carers may apply for Student Assistance to help with the purchase of uniform items.

Procedures

- Students who are out of uniform should present an explanatory note to the Deputy Principal's office before Roll Call each day. They will be issued with an 'out of uniform' pass.
- A record of students issued with an 'out of uniform' pass will be recorded, along with the reason for not wearing the uniform.
- The Principal/Deputy Principals will write to parents/carers of the students who have a poor uniform record asking them to support the uniform policy agreed to by the school community.
- During Roll Call, students who are out of uniform and who do not have an 'out of uniform' pass, will be sent to the Deputy Principals.
- Students out of uniform who arrive late are to collect an 'out of uniform' slip from the Deputy Principal's office.
- Students wearing inappropriate clothing in the opinion of staff, e.g. offensive language/messages, unsuitable colour or unsuitable coverage will be asked to report to the Deputy Principals or Principal.

Uniform Requirements 2018

School uniforms as shown below will be supplied by Lowes located in the Lismore Square, Lismore.

GIRLS	BOYS
<i>Junior School Uniform</i>	<i>Junior School Uniform</i>
<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt Black skirt, plain black mid thigh length shorts or long pants 	<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt Plain black shorts of an appropriate length or long pants
<i>Senior School Uniform</i>	<i>Senior School Uniform</i>
<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Black skirt, plain mid thigh length black shorts or long pants (Tights are not acceptable) 	<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Plain black shorts of an appropriate length or long pants
<i>Sport Uniform Junior</i>	<i>Sport Uniform Junior</i>
<ul style="list-style-type: none"> Red polo shirt Plain black mid thigh length shorts or black sport shorts (Tights are not acceptable) <p><i>Special note: Students are required to change for PE lessons and change back to regular school uniform for remaining lessons</i></p>	<ul style="list-style-type: none"> Red polo shirt Plain black shorts of an appropriate length or black sport shorts <p><i>Special note: Students are required to change for PE lessons and change back to regular school uniform for remaining lessons</i></p>
<i>Winter Uniform Junior and Senior</i>	<i>Winter Uniform Junior and Senior</i>
<ul style="list-style-type: none"> White or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Plain black long pants or black jeans Black skirt, plain mid thigh length black shorts (Tights are not acceptable) Red Richmond River jumper Plain black, grey or red jumper or cardigan Years 11/12 designed school jumper or jacket 	<ul style="list-style-type: none"> White or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Plain black long pants or black jeans Plain black shorts of an appropriate length Red Richmond River jumper Plain black, grey or red jumper Years 11/12 designed school jumper or jacket

Please note:

Tights, black T-shirts, singlets, tank tops, shirts with slogans, midriff tops, torn/ ripped clothing or shorty shorts are not acceptable for school.

Please Note:

Work Health and Safety laws (2012) require all students working in a Technology practical classroom, Science labs and some CAPA classrooms to wear enclosed sturdy leather shoes. Students may not be able to participate in some activities in these practical classrooms if they are in canvas shoes.