

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

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Richmond River High Campus Student Heading to Canberra after shining in State Constitutional Convention

RRHC Year 11 student, Seth Taylor-Smith, has represented our school with distinction and the highest level of success at the State Constitutional Convention in State Parliament this week.

However, the day itself got off to a rocky start. Accompanied by the Principal, Ms Pell, Seth's flight was delayed for an hour by cloud cover. As a result Seth missed all of the keynote address in Parliament in which Section 44 of the Constitution, the subject of the Convention, was explained. However due to the preparation put in beforehand, Seth, a keen Legal Studies student still demonstrated his extensive knowledge of this section of the Constitution in his address on the floor of State Parliament.

For those who wonder what Section 44 of the Constitution is all about: in essence it includes all of the conflicts of interest that rule a person ineligible to sit as a Member of Federal Parliament. The infamous citizenship debate last year concerned MPs who fell foul of this section due to their foreign citizenship entitlements. In more recent times the conflict of interest from an MP receiving other income from the Commonwealth Government - as in the case of Peter Dutton's wife's childcare centres or even Kerry Phelps' receipt of Commonwealth bulk billing payments, have been prominent in the news.

Seth stood above his fellow delegates in State Parliament and was elected by them as one of only thirty Year 11 students to go to Canberra for three days next March to represent New South Wales in the Commonwealth Constitutional Convention.

As a school community we are all immensely proud that one of our students has excelled on the state and now national stage. Congratulations Seth from all of us at Richmond River High and we eagerly await your next address in the Federal Parliament in Canberra.

Dale Stevenson
Legal Studies Teacher



Deputy Principal's News

Hello RRHC Community

The Higher School Certificate continues this week for our Year 12 students. It is important that during this time students stay focused and give their best. Year 11 students have made a smooth transition into their final twelve months of study with subject changes being finalised this week. Students are reminded to complete their paperwork as soon as possible.

Congratulations to Seth Taylor-Smith for his success at the NSW Australian Constitutional Convention. Seth has been selected to represent NSW at the National Convention in Canberra next year. A big thank you to Mr Dale Stevenson for his work with Seth in preparing for this major event.

Thank you to all parents, students and staff who completed the Tell Them From Me Survey. The information is vital to help us plan for improving RRHC for our students. This year has been the highest response for a number of years and we appreciate the time that you have given to complete the survey.

Regards

Luke Woodward

Deputy Principal

From the Community Liaison Officer (CLO)

Exercise, Oh No

I do not like to do exercise. I am happy to sit and laze around for much of my day. However, I am a survivor of breast cancer and twenty years of research proves over and over again that exercise promotes good health, helps us with the side effects of the difficult treatment, reduces the rate of return of the disease, combats anxiety and depression while it builds fitness and flexibility, so I exercise. I belong to a team of Dragon Boat Paddlers and I train three times a week. I have been doing it for a long time now. I know that I need to exercise in a group who expects me to attend and in that way I keep rocking up every day. I enjoy good health, I enjoy every day (even the bad ones) and my side effects are under control.

And so it is with young people.

With exam season in full flight it is important to remember to encourage young people to get out and do something active. Regular exercise has been proven to:

Reduce stress

Ward off anxiety and depression

Boost self esteem

Improve sleep

I am sure you know all of that but sometimes we need a reminder. It applies to all of us. I keep reading the research to find that elusive study that says I do not need to exercise. Until then I will continue to exercise.

Enjoy this time with your children as it will pass very quickly.

Anne Bowden

Community Liaison Officer (CLO)

CHS Volleyball Knockout – Evans Head

A great day at beach volleyball; special mention to the junior boys who made it through to the second round and the senior girls who narrowly went down in the third set of the final 15-9. It was fantastic to see so many students model what it means to be RRHC!

Mrs Turner and Mr Gallagher

Volleyball Coordinators



North Coast National Report

Poultry

Well done to our students who were involved in the Poultry Competition at the North Coast National. RRHC entered Light Sussex, Buff Sussex, Rhode Island Red, Silkie and Bantam Pencilled Wyandotte chickens into the poultry section. The Wyandotte chicken was placed third in the Bantam Heavy Weight class; RRHC was also awarded Champion School. Thank you to our Agriculture students for their efforts in assisting with the husbandry of the chicken exhibits in the Poultry Pavilion.

Sally Ford

HT TAS



Show Cooking

RRHC students have excelled in the cooking section at the North Coast National. RRHC has won the North Coast National A & I Society Inc, Phyllis McLennan Memorial HPS Cooking Section trophy. This is awarded to the most successful exhibitor in the Open section of the cookery. Well done to all who participated in this event. Year 11 Hospitality students thanked these students by running a Coffee Shop, providing table service, cold beverages and cooking to our successful cooking team. Well done everyone.

Karen Purcell

TAS Teacher



All My Own Work

All My Own Work will be running for Year 10 on Monday November 19th.

All My Own Work is a NESAs program that informs Year 10 students of their responsibilities concerning submitting only work that they have completed themselves and educates them as to what equates to cheating in assessments.

It is a requirement of NESAs that all students complete the course before they are able to be entered into their Year 11 courses.

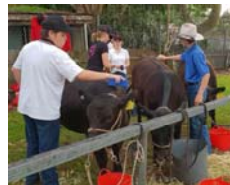
Sarah Helliwell

NESA Contact/VET Coordinator

Alstonville Show Report

Last weekend we took cattle to the Alstonville Agricultural Show; the show had a wonderful atmosphere. One of our Angus heifers placed second in the 12-16 month class. Well done to our paraders, Lauren placed 4th and Jack placed 6th in a class of 17 paraders. Once again, thank you to our students who represented the school so well. Thank you to Mick Hannigan for carting our cattle and Linc Leather for our beautiful halters and leads. Their generosity assists us with running our Agriculture program and we really appreciate it, thank you.

Sally Ford
Head Teacher TAS



Great Cycle Challenge

With the October month coming to a close, all participants in the GCC across Australia and even the world, collectively have raised over \$3 708 000 to Children's Medical Research and have ridden over 2 111 000 km, all of which helped to raise awareness for the cause. Every dollar raised in the sausage sizzle on Monday 29th October contributed to this overwhelming total and because of that RRHC should be proud.

A huge thank you needs to go to the SRC students and Ms Dimity McKinlay for their tireless efforts in organising this fundraising event. Also to all the students and staff who bought a sausage or drink to contribute and the Executive for supporting the event, THANKS!

If you wish to read more about the GCC and even donate to the cause, then you can visit the website at <https://greatcyclechallenge.com.au/>

GCC Participant and RRHC Science Teacher,
Scott Hogden



RRHC Bees

RRHC played host to the Northern Rivers Branch of the Amateur Beekeepers Association of NSW, meeting last Sunday. The members inspected our hives; our traditional hive is almost ready to extract our first honey. They also installed a foam hive, another type of hive for our students to learn about. The inspection of the Flow Hive resulted in some problem solving from the members so we can try to encourage the bees into the Flow Hive chamber. Exciting times in the apiary!

Sally Ford

Head Teacher TAS



ASSESSMENT CALENDAR

Weeks 4-6

Year 7

Year 8

Maths - *Bookwork* - **12.11.18**

Year 9

5.2 Maths - **6.11.18**

English - *Protest Poetry Portfolio* - **19.11.18**

Year 10

Maths - *Geometric Figures* - **12.11.18**

Year 12

Biology - **12.11.18**

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

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

USERNAME: **RRHC**

PASSWORD: **88success**

This password is only for use by Richmond River High Campus students and parents.

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.



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.



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.



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

WEEK 4A

Monday 5 November

Valid8 Science

Year 11 SLR Aquatics

Year 10 English Literacy Examination

Tuesday 6 November

HSC Business Studies Field Trip

Broncos Workshop

Year 9 PASS Aquatics

Wednesday 7 November

Rivers Aboriginal Performing Arts

Ensemble rehearsal

Thursday 8 November

Year 9 PASS Aquatics

Specialised Employment Program

Friday 9 November

WEEK 5B

Monday 12 November

Year 11 SLR Aquatics

SCU outreach evaluation

Tuesday 13 November

School Captain elections

Year 10 PASS Roller Skating

Wednesday 14 November

Year 12 PI Quad Bike Course

Summerland Trophies Basketball challenge

Thursday 15 November

Year 12 PI Quad Bike Course

Year 10 Drama performance

Friday 16 November

Year 12 Formal - Workers Club

QUOTE OF THE DAY

"It always seems impossible until it's done" (Nelson Mandela)



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 Wiyabul 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

5 November - Help needed

6 November - Help needed

7 November - Help needed

8 November - Dorothy Tan

9 November - Ian Hooper

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 4

Monday 5 November

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

Tuesday 6 November

Chicken teriyaki with fried rice

- \$5 Small, \$7 Large



Thursday 8 November

Herb poached chicken with variety of salads

- \$5 Small, \$7 Large

Friday 9 November

Beef or Bean tacos with fresh salsa

- \$5 Small, \$7 Large



**INVITE YOU TO ATTEND A
FREE CANCER INFORMATION EVENT
FOR COMMUNITY MEMBERS**

PRESENTERS

Dr Daniel Bills - General Surgeon
Presenting on Colon Cancer
Dr Adam Boyce - Medical Oncologist
Presenting on Treatment Options
Dr Sally Butchers - General Surgeon
Presenting on Skin & Breast Cancer
Dr Stephen Strahan - Urologist
Presenting on Prostate Cancer

**INFORMATION AVAILABLE ON
THESE SUPPORT SERVICES:**

- Cancer Council
- Richmond Breast Care Nurses
- Cancer Compassionate Fund Inc.
- North Coast Radiology
- Look Good Feel Better
- Shantan Hair Studio

**LISMORE WORKERS
SPORTS CLUB**

202 Oliver Ave, Goonellabah
Saturday, 10 November 2018
Registration: 9.00am - 9.20am
Event: 9.30am - 12.00pm

REGISTER TO ATTEND BY 7 NOVEMBER 2018
P: 02 66279 239

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



#saysomething

RICHMOND RIVER HIGH CAMPUS



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

Our School Password is:

richmond



The news for your Careers sent to you!

Visit: www.jobjump.com.au

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

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



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/ren's emotions
- How to respond appropriately to their child/ren's emotions
- Skills to assist their children to verbalise and manage their own emotions.

Facilitator Courtney Kievers



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 Phone: 02 6621 2489
PO Box 235 Fax: 02 6621 3208
Lismore 1854 2480 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.