

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

Lake Street North Lismore NSW 2480

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E richmondri-h.school@det.nsw.edu.au

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

2018 | ISSUE 12 | TERM 2 | WEEK 2

Deputy Principals' News

Hello RRHC Community,

This week staff were involved in a College-wide professional learning opportunity with an expert on assessment and feedback. These sessions have provided tools and techniques to support assessment across the College.

During the assembly this week students were informed of Vivo, and students over the coming weeks will be provided with the log in to see their points and access the Vivo shop. This is an excellent initiative and students seemed excited to get involved. More information will be provided to parents/carers over the coming weeks. Students were also informed of their obligations around the high expectations we have at RRHC, including behaviour, awareness of others, and expectations of application, uniform and procedures.

Students will have upcoming assessment tasks and we would like parents/carers to ask their students about tasks that need to be completed, and if students are struggling we have support available during recess and lunch in the Library.

'Teamwork makes the dream work' - Bang Gae

Luke Woodward

Deputy Principal

NAPLAN 2018

NAPLAN 2018 for Year 7 and Year 9 students is nearly here. This year's schedule is as follows:

- Tuesday 15 May - Language conventions and writing
- Wednesday 16 May - Reading
- Thursday 17 May - Numeracy
- Friday 18 May - Catch up day.

Please make sure that your student is aware of this.

All students will need to bring a calculator with them for the Numeracy test, so please make sure your student has a calculator and remembers to bring it to school on Thursday 17 May.

Sarah Helliwell

NESA Contact/VET Coordinator

Student Opportunity – RRHC STEM Club

STEM Club meets every Friday lunch time. Last week's challenge was to design and build a boat out of straws and sticky tape that could hold weight for at least ten seconds before sinking. Emma, Charlotte and Kaniya, Year 7, won the challenge. Their raft managed to hold 155g before sinking. For more details see me in the Science staffroom.

Scott Hogden
Science Teacher



Netball Gala Day

RRHC students had the opportunity to compete in a netball gala day at Kadina High Campus on Thursday, 10 May. The girls open team were also able to trial for positions on the Rivers College team to play Alstonville in the first round of the CHS knockout competition.

What a privilege it was to be amongst such positive examples of young sportspeople! The students from all three campuses demonstrated strong social skills, intermingling with each other in their time both on and off the court, as well as taking on umpiring, timing and scoring roles. There was definitely a theme of fun, good humour and friendly rivalry with all involved aware of a genuine sense of community within our College bond.

The open boys team improved remarkably on the day, narrowly being defeated by Kadina to secure second placing. Unfortunately the boys are not part of the CHS knockout, however a team was selected to play a social game against Alstonville in the coming weeks. Charlie Pickford, Josh Bryant and Tom Butcher were successful in gaining positions as GS, GK and C respectively in the Rivers team.

Our girls team played to a high standard, experiencing victory over Lismore High in their first game, and a loss to Kadina in their second. They were therefore runners up in the cup. The open girls positions for The Rivers side were tightly contested, with Lauren Whitney and Shiralee Daley earning places as GA and C. Taylor Small and Molly Lonard were selected as shadow reserves.

Congratulations to all our netball players for their success on the court and as terrific ambassadors for our school and college. Good luck against Alstonville!

Nicole Ellis
PDHPE Teacher



STARGAZING LIVE

GUINNESS WORLD RECORDS OFFICIAL ATTEMPT

JOIN US AS WE ATTEMPT TO SET
A NEW WORLD RECORD

**THE RIVERS SECONDARY COLLEGE
RICHMOND RIVER HIGH CAMPUS**

Wednesday 23 May, 7pm

Registration essential head to - abc.net.au/stargazing
OR www.facebook.com/worldrecordstargazing

Presented by ABC in partnership with Australian National University

Are you interested in Astronomy?
Do you have a story relating to Astronomy that you would like to share with not just the school community but also the listeners of ABC radio?
See Ms Macleod for more details!



RIVER ROCK *The Musical*

Updates From The River Bank 04/05

Term 2 is the term we fully transform River Rock into a top-level show. Things are going brilliantly and we are very excited by the way this event is shaping up. A rehearsal schedule has been developed to ensure that the huge numbers of students involved, are given every opportunity to produce something they can be very proud of.

Choir News

Our new choir-master, Chris James, offers enormous experience in coaxing the best out of each student and developing a choir that is harmonious not just in musicality but also in spirit! What a great environment for the kids to excel. First rehearsals will be next week. Chris is also presenting in-school workshops to interested students in all The Rivers Secondary College campuses over the next two weeks.

Sponsorship Help Request

If there are any parents who have businesses that they feel may benefit from contributing sponsorship money or those of you who have friends, family or employers who may be willing, please encourage them to contact me or make contact with me yourself at brian.wappett@det.nsw.edu.au and I will send/ discuss our tiered sponsorship packages.

It will make a huge impact on the quality of the show, particularly in a technical production sense. Please consider this as both an avenue to support our students as well as an opportunity for favourable exposure of your/ their business.

Climb Aboard
Brian Wappett - Producer

Tickets & Information
www.riverrockmusical.com
BOOK NOW!

Year 11 Snow payments should be \$570 by now with another \$200 instalment due Friday 1 June.

There are still spaces available!
Due to lower than expected numbers the price has gone up as per the email sent to Year 11 parents last term.



The more students that join the cheaper the excursion will be!

Emma Turner, PDHPE Teacher

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

Careers Adviser News

Check out this great resource.

Our School Password is:



The news for your Careers sent to you!

Visit: www.jobjump.com.au

Sewing Club – Tuesday and Thursday

Our first project is a pin cushion. Tuesday is an advanced class for those who have competent skills in sewing and Thursday is open to everyone including those who have not sewn before. This is an opportunity to develop your skills or learn a skill.

Jess Cavanagh
TAS Teacher



Student success

Jazmin represents the North Coast in Football - Jazmin is currently in Wollongong representing the North Coast at the CHS Football Championships, along with two other "Rivers" girls.



Sunflower Competition

Year 9 Agriculture students have entered the University of Queensland Sunflower Competition. There are only a few weeks left in the competition where students need to look at growth requirement, conduct experiments and submit their sunflowers for assessment against other schools. Good luck with your gardening!

Sally Ford
HT TAS



From the Community Liaison Officer (CLO)

Supporting our Kids from Home

As our kids are exposed to the 21st Century world it is easy for us as parents and carers to feel left behind and hence irrelevant. Technology is moving along so quickly and the demands outside the home can be boggling.

Still our kids need our support even if they can not state that. We set the boundaries for them to push against. We provide the food and shelter even if we would like it to be better. And there is always something positive to be found in our daily lives that we can share with our kids. It is important to teach our kids to find the good in our lives.

- By encouraging them to express their ideas and share ideas, we are helping them with their English.
- By talking about local environmental issues and visiting local national parks we are helping them with their Geography.
- By talking about the historical aspects of movies or television shows we are helping them with their History.
- Playing board games and card games helps them develop their mathematical thinking.
- Talking about musical performances that they listen to and asking them what they like about what they hear is helping them with their music.
- Modelling practises that maintain good health and well being help them in their life choices and also help with PDHPE studies.
- By visiting some free local art galleries and talking about what we see there helps our kids with their Visual Arts studies.

And so it goes. It is important that we give our kids the attitude that looks for what we can do rather than the opposite.

Enjoy your children every day.

Anne Bowden

Community Liaison Officer (CLO)

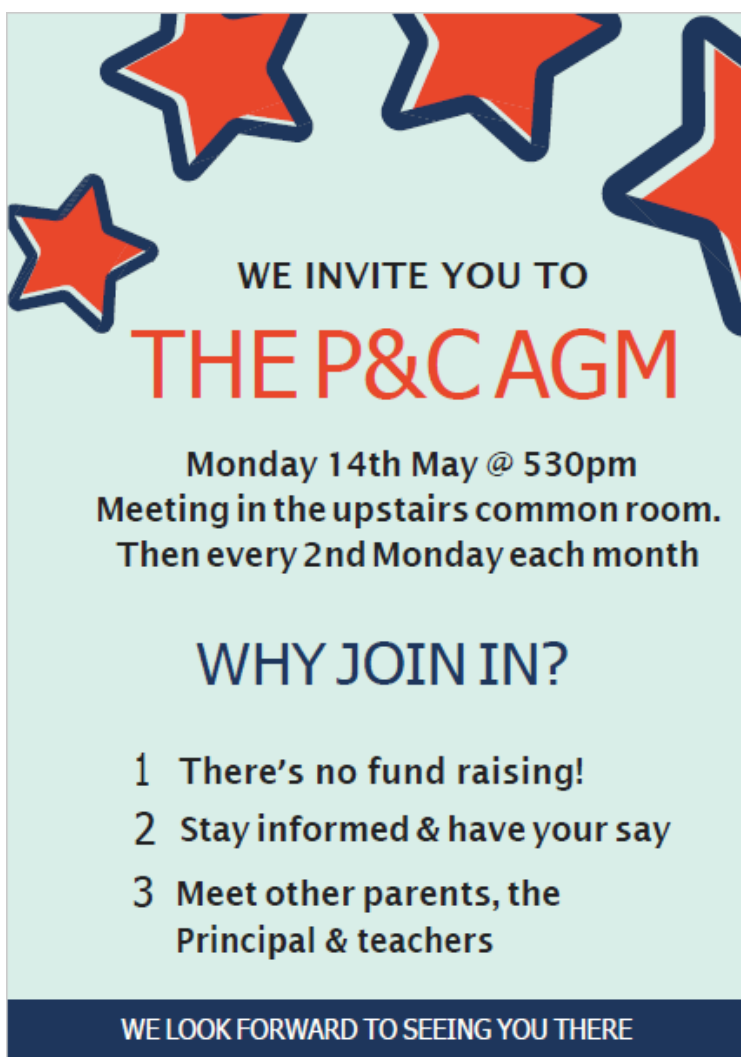
Working every Wednesday

Australian Taxation Office presentation

REMINDER: All students in Years 9-12 will be participating in an incursion with the Australian Taxation Office (ATO) on Tuesday 29 May (Week 5). The presentation will cover topics such as what is tax? How to get a tax file number and superannuation. All parents and carers of RRHC students are invited and welcomed to attend these presentations. The first presentation is at 11:20am and the second presentation is at 12:10pm. Both presentations will cover the same information, except the 12:10pm presentation will also cover some information regarding going to uni and paying for uni fees etc. The presentation will go for approximately 30-40 minutes. If you have any questions regarding this, feel free to contact Elizabeth Perry, Business Studies teacher.

Elizabeth Perry

Business Studies Teacher



WE INVITE YOU TO
THE P&C AGM

Monday 14th May @ 530pm
Meeting in the upstairs common room.
Then every 2nd Monday each month

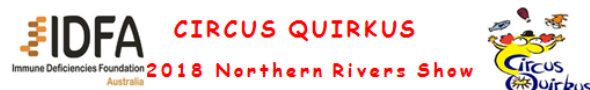
WHY JOIN IN?

- 1 There's no fund raising!
- 2 Stay informed & have your say
- 3 Meet other parents, the Principal & teachers

WE LOOK FORWARD TO SEEING YOU THERE

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 Immune Deficiency Foundation Australia are proud to present...

'Circus Quirkus'

We are hosting our annual Circus Quirkus for all our local special needs and disadvantaged children and their families and carers.
Tickets have been proudly sponsored by local businesses & are completely free

International Entertainment's CIRCUS QUIRKUS is a contemporary take on your favourite, traditional circuses of ages past. It is an eclectic and entertaining mix of Circus acts brought to you from all over the world. Internationally renowned Clowns, Jugglers & Acrobats deliver funny, hugely engaging and sometimes death-defying acts of unbelievable skill.

The show is suitable for audiences of all ages. The venue accommodates wheelchairs. Circus Quirkus does not use animals in its performances. Please see our FAQs on the Circus Quirkus website for more information.

www.circusquirkus.com.au

WHERE & WHEN

LISMORE WORKERS CLUB (231 KEEN ST, LISMORE 2480)
MONDAY, 9TH JULY (SCHOOL HOLIDAYS) - 6PM SHOW
(Show duration approx. 90 mins including interval)

For further testimonials please see our Circus Quirkus Facebook page
https://www.facebook.com/Circus-Quirkus-84240073079/posts_to_page/

For all enquiries please contact MICHELLE OR ANDRE.

PH/FAX: 1800 132 003 (free call)

PH/FAX: 1800 067 545 (free call)



THE RIVERS
SECONDARY COLLEGE

Breakfast Club
Tuesday-Friday
8.15-8.50am
Chill Out Room
All welcome
No charge



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Tuesday-Friday
8.15-8.50am
Chill Out Room
All welcome
No charge

CALENDAR

Week 3B - NAPLAN week

14 May

Rivers Open Girls Football Knockout

15 May

Pass Triathlon Event

Broncos Workshop

16 May

17 May

18 May

Yes Program Ballina TAFE

Yes Program Wollongbar TAFE

Zone Cross Country

NR Careers Expo

Week 4A

21 May

Mock Trial

22 May

23 May

World Record Stargazing Attempt

24 May

River Rock Full Band Rehearsal

25 May

Yes Program Ballina TAFE

Yes Program Wollongbar TAFE

Far NC Dance Festival Rehearsal

CANTEEN ROSTER

14 May - Janet Marsden

15 May - *Help needed*

16 May - Meryl Condon

17 May - Dorothy Tan

18 May - Fiona Spencer

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



RICHMOND RIVER HIGH CAMPUS

Lake Street, North Lismore NSW 2480

T 02 6621 3456 F 02 6622 2928

E richmondri-h.school@det.nsw.edu.au

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 3

Monday 14 May

Chicken or Vegetable Tika masala

- Small \$5, Large \$7

Tuesday 15 May

Roast lamb and vegetables with gravy

- \$5 each, Large \$7



Thursday 17 May

Lemon chicken with stir fried vegetables
and noodles - Small \$5, Large \$7



Friday 18 May

Beef or Vegetable lasagne with salad
- \$6 each



QUOTE OF THE DAY

*"A bad attitude is like a
flat tyre, you can't get
very far until you change
it"*
(Unknown)

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.



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 notifications about assessments, newsletters, emergency information and more.



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**

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**
7. Tap the **DONE** button in the top left

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

Get it on **Google play**

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.

HSC EXAM READERS AND WRITERS

We are looking for people who can act as a reader and writer for Year 12 students during Half Yearly Exams at the end of Term 1 and HSC Exams in Term 4, on a voluntary basis. You must have a current working with children check number. To obtain this number visit <https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>.

Readers and writers require the following skills -

- Ability to communicate clearly in English with sufficient literacy level
- An understanding of subject(s) being examined
- Clear, legible handwriting
- Patience and sensitivity
- Understanding of the need to maintain confidentiality and ability to do so.

If interested please contact Susie Hancock- Learning & Support Teacher ph. 6621 3456

Reminder - Drop off and pick up at back of school

Parents who are dropping off or picking up their children before or after school are reminded to do this in the areas outside of the bus, taxi, disability parking, and no stopping zones at the front of the school. Suggested safe areas are the grassy tree-ed area outside the Ag Shed in Lake Street or near the shelter in McKenzie Park in Pitt Street, where there is a footpath to the school. The other alternative is at the back gate of the school on Alexandra Parade. The safety of our students is paramount.

TEEN BARRE

9 Week Dance Fitness Course for Teenage Girls
Tuesdays 16:30 @ Summit - starting May 8



Cost \$100. Course approved for Active Kids Rebate. Enroll at Summit today 6625 2025

Free Events at Lismore Library

Lismore Library in conjunction with
Byron Writers Festival & StoryBoard presents
A Creative Writing Masterclass
Cultivate your creativity with help from published authors.

Thursdays 3, 17 & 31 May, 14 & 28 June
5 - 6.30pm, 2nd Floor, Lismore Library.

For young writers from 10 - 18 years. Pizza served!

Youth Book Club!

at Lismore Library

Arrive with a book you love, leave with one to explore!

Last Thursday of the month between 4pm and 5pm at Lismore Library.
10-17 year olds welcome.
Phone Lismore Library on 02 6621 2464 for more information.



Richmond Tweed Regional Library
Connect. Discover. Escape.

For all enquiries phone Lismore Library on 02 6621 2464.

Evans Head Fishing Classic (EHFC)

Web site: www.evansheadfishingclassic.com.au
Date: 6-13 July

What is it: EHFC is the largest fishing comp of its kind in NSW with over \$100,000 of prizes including 2 boats for the main draws as well hundreds of random prizes.

Highlight: This year sees a dedicated kids event on the weekend, 7-8 July with the Sunday being a major kids day with activities including fishing clinics, tutorials, kids random prize pool for entrants including bikes, TV's and other equipment, Kids fishing comps and plenty of other activities including face painting, jumping castles and more entertainment over the weekend. Plenty of entertainment and things to do make sure you get your children down there to have some fun!

To enter or find out more, visit the website above or phone Australian Fishing Tournaments (02) 6681 3988.



Lismore Gem & Lapidary Club Inc.
Proudly Presents

The 28th Annual Gemfest

Lismore Showground



*Saturday 19th May
9am-5pm

*Sunday 20th May
9am-3pm

Entry: \$5 - Adult, \$1 - Child,
Free - Under 5 Yrs

Jewellery, Fossils, Kids' Activities,
Crystals, Gemstones, Food Stalls & much more.



Social Futures

Are you concerned about a teenager's drug or alcohol use?

FREE COURSE

for parents and carers

Six Friday sessions
12.30-2.30pm
11 May-15 June 2018



RELATIONSHIPS ARE THE BEST MEDICINE

PROTECTING TEENS FROM DRUG AND ALCOHOL MISUSE

COURSE DETAILS

Many parents are concerned about adolescent alcohol and drug use. Research shows that the strongest factor in protecting teens from problematic alcohol and drug use, and their development into resilient adults, is a close, supportive relationship with a parent or caregiver.

This FREE parenting course is designed to support parents and carers to understand and respond proactively to the challenges of adolescent alcohol and drug experimentation and misuse, and to help strengthen relationships with their teenagers.

TOPICS COVERED

- Adolescent development
- How relationships can be protective
- Challenges that parents and teens face
- Understanding how teens use alcohol and drugs
- Strategies to protect and positively influence your teen

Venue: Kentwell Community Centre, 20 Bungalow Road, Ballina NSW 2478
Cost: FREE - Bookings essential. Contact: Steve Marfott on 0429 190 210

We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Rotary International District 9640

May 25th-27th 2018

rypen CAMP

SUPER FUN - FOR AGES 14-16 - BORNHOFFEN NSW

RYPEN (Rotary Youth Program of ENrichment) is a program for young people aged 14-16yrs who show decency, courage, persistence, sincerity and application in their everyday life which deserves further development.

Contact Kathy Smith 0417826547 or kathy@chicksonqueringcancer.org

Kids & Teens Yoga and Mindfulness Classes

Are your kids or teens feeling:

- * Tired, overwhelmed or stressed
- * Not coping with school
- * Unable to focus on their work
- * Anxious or worried about exams or other issues
- * Have low self esteem or poor body image, or
- * They want to do a physical activity but they aren't into sports.



Then yoga and mindfulness classes are just what they need

These fun, imaginative, social and energetic classes are specially planned educational experiences that empower children, build confidence and a positive self image, develop strong, healthy and flexible bodies, improves concentration and coordination, teaches self awareness, builds inner strength and helps them to relax and learn to cope with stressful situations.

Term 2 classes start week of 7 May 2018

Come on a fun adventure each week

Days:	Kids - 5 - 7 years	Thursdays - 4 - 5pm
	Tweens - 8 - 12 years	Saturdays - 9.30 - 10.30am
	Teens - 13 - 16 years	Saturdays - 11 - 12pm

Where: The Woodlark Room, 4/15 Woodlark Street, Lismore

Limited numbers - Bookings essential
For further information and bookings ph/text 0403 042188,
email info@lotusheartwellbeing.com.au
or go to Lotus Heart Wellbeing on Facebook

Approved Active Kids provider



Barbara is a mother, fully trained Kids Yoga Teacher and trained Primary Teacher. She is passionate about teaching yoga and mindfulness to kids and teens to empower them with tools to cope with the stresses of today's society. Her classes are non-competitive, open to all and filled with fun, playfulness and a sense of adventure.



THE NURTURED HEART APPROACH FREE 6 DAY COURSE

The Nurtured Heart Approach® (NHA) is a set of relationship-focused methodologies founded strategically in "The 3 Stands". It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. Originally developed for working with the most difficult children, NHA has a proven impact on every child, including those who are challenged behaviourally, socially and academically. The Approach builds Inner Wealth® and thereby equips any child to handle difficulties with security and self-confidence helping them to make better choices.

Registration for the course is essential as spaces are limited.

Register by calling Family Support Network on: 6621 2489

Cost: FREE with morning tea provided

Dates: FRIDAYS 11 MAY TO 15 JUNE (6 SESSIONS)

Time: 10am to 1pm

Venue: FAMILY SUPPORT NETWORK
30 WYRALAH ROAD, EAST LISMORE

Presented by: Gordon King, a certified Nurtured Heart Approach trainer.

TOPICS COVERED:

Building Inner Wealth®

The 3 Stands

Stand 1. ABSOLUTELY NO!
I refuse to reward negativity with my energy, connection or relationship.

Upside down energy
Taking a new perspective

Stand 2. ABSOLUTELY YES!
I relentlessly create and energise positivity and success

New ways of being positive
Baby steps to success
The four Recognitions

Stand 3. ABSOLUTELY CLEAR!
I set and enforce clear limits and consequences in an unemotional way.

The art of resetting

Gordon has lived on the Northern Rivers for 30 years has 5 adult children and 6 grandchildren. He has worked as a Family Worker for 3 years after completing a Social Science degree and Advanced Diploma in Community Services. Gordon is also trained in the Virtues Project and is a Bringing Up Great Kids presenter.

Family Support Network inc.



Dads and Men in The Fathering Role

Numbers are limited
parenting program for anyone taking on the fathering role

Topics include:

- Child Development
- Behaviour
- Dads Changing Roles
- Communication
- Parenting Styles
- Anger
- De-stressing

Tuesday 15th May
4 sessions
Venue: 41 Wilson Street South Lismore
1.30pm-4pm
Afternoon Tea will be provided

Limited numbers, please contact Family Support Network to be placed on our intake list.
6621 2489
30 WYRALAH ROAD E LISMORE
Facilitator-Greg

