

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

Lake Street North Lismore NSW 2480

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

2019 | ISSUE 2 | TERM 1 | WEEK 2

Principal's Message

I'd like to, if I may, touch on the issue of the School Climate Change Rally of late last year. In any action, political or otherwise, it is a groundswell of numbers that sees attention being turned to the issue at hand. Young people need to be upset, and young people need to be heard around climate change and irresponsible energy use and all of the issues that will affect them as their young lives unfold. I believe that young people have an absolute right to be angry about the way we have treated our use of water, of coal based energy, of the manufacture of plastics and the fact that we have no idea of the impact of those plastics on the environment long term. Even the way we produce the food we feed our babies and young people, and indeed ourselves as a society is questionable, with no accurate knowledge around the long term effects of eating mass produced feedlot meat where antibiotics may be commonplace, or ingesting the manifesto of herbicides and insecticides that are used in the production of our crops of grain and basic foodstuffs. **But here's the kicker;** if young people continue the pattern of rallying on days when they are supposed to be at school, they arm their antagonists with a tool to deflect the attention away from the reasons they are taking action. If young people decide to rally on days when they are not expected to be at school the antagonists are disarmed and can only stand by and watch as young people take to the streets. I also believe rally numbers would swell significantly because the adults around them could and would join them in rallying about their/our concern if such a rally was held on the weekend. Additionally, students whose families won't agree to them rallying rather than studying on a school day may well be supportive of their young people's inclusion in a weekend rally.

Clearly I am no longer a young person, however, I believe young people have a massive role in the changes that we as the Australian society need to make around our use and management of natural resources and in particular the production of our food. My point here is to urge young people and their facilitators to organise the rallies on the weekends and school holidays to give yourself the best chance of being truly heard, and giving the adults around you the opportunity to stand beside you in a rally.

Mary-Jane Pell
Principal

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.

Deputy Principal's News

Hello RRHC community

It has been a busy week with students being trained in our emergency procedures, as well as behaviour expectations and school procedures. We will have drills during the year to train students in what is required so that if there is an event they know what to do. Families need to develop a plan for keeping your students safe as we all are affected by severe weather events. Ensure that if you are affected by flood water, you have a backup plan for keeping everyone safe if home is not an option. RRHC is guided by the SES and the bus companies if the weather is severe, information will be provided via radio, the RRHC webpage, and social media.

Students have completed sport selections this week. Any students who have not selected a sport have been placed in an at school sport. Sports that have an associated cost must be paid for as soon as possible.

RRHC's Swimming Carnival is on Friday 15 February (next week). It is important that students attend as it is a great day full of fun and serious competition. Students please support your house groups and compete in the range of events on offer. Students must come to school as it is a school day, we will mark the rolls here and then we all catch buses to the Lismore Memorial Baths. Students are not permitted to walk from the pool and must be collected by a parent or carer.

Our Year 11 and 12 students have been provided with flexible leave forms and other required documents. These forms must be returned and students must see the Deputies before this leave is granted. This is a requirement and if any student needs to leave during the day a parent or carer must collect them from school.

Parents and Carers if you need to collect your child from school please ensure you use the correct procedure of contacting the school and not contact the student directly as this direct contact can result in difficulty as students are not permitted to use their phone in class.

Congratulations to all our students for a fantastic start to the year. It is great to see nearly every student in uniform and students engaged in their learning.






"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." - Dwayne Johnson

Luke Woodward
Deputy Principal

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	Windows Phone/Other Devices
<ol style="list-style-type: none">1. From your mobile device go to the App Store search for School Stream2. Tap the FREE/GET button to the right of the School Stream listing3. Tap the INSTALL button4. Enter your Apple ID and password & tap OK5. Wait for the install icon to change to OPEN6. Tap the OPEN button7. You will be prompted to accept push notifications, you will need to select OK8. Start typing TRSC - Richmond River High School Campus into the search then SELECT TRSC - Richmond River High School Campus  <p>If you are viewing this page on your mobile device, visit the store link below.</p> 	<p>Contact your school for your web link, and follow these instructions:</p> <p>To pin a website on your Windows Phone:</p> <ul style="list-style-type: none">• Open the website you want to pin• Tap More icon, then tap Pin to Start <p>You will be able to access all of your school's information, however you won't be able to receive notifications.</p> <p><i>Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.</i></p> 
Android / Tablet	Other useful information
<ol style="list-style-type: none">1. From your mobile device go to the Play Store search for School Stream2. Tap the School Stream listing3. Tap the INSTALL button4. Tap the ACCEPT button5. Wait for the app to install then tap the OPEN button6. Start typing TRSC - Richmond River High School Campus into the search then SELECT TRSC - Richmond River High School Campus7. Tap the DONE button in the top left  <p>If you are viewing this page on your mobile device, visit the store links below.</p> 	<p>Troubleshooting tips</p> <p>Follow this link.</p> <p>Are your children attending different schools?</p> <p>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.</p> <p>Choose which notifications you receive:</p> <ol style="list-style-type: none">1. Open the School Stream app on your mobile device2. From the slide-in menu, go to Settings3. Under Edit/Alerts select My Schools and select your School to open the Notifications page4. 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 School6. Return at any time to change the notifications you receive.

From the Community Liaison Officer (CLO)

Importance of Reading is Constant

Reading is fundamental to our lives. It is the basis of so much of our communication. We read our bills, advertising, a price list, our bank statement, our tax return, our emails, our Facebook page and the list goes on. It is vital to our students too. They need to read their maths problem, their instruction sheet, their test question, the canteen menu, their timetable and many more. To give our students the best possible start to their future we want them to be the best readers that they can be.

Here are a few suggestions on ways you can encourage them to keep up their reading:

- Spend 10 minutes a week when you all sit and read for 10 minutes then talk about what you have read
- Talk about what you read in the paper and share your opinion to promote your child's critical thinking skills.
- Buy a copy of a magazine about your child's interest e.g. motor biking, wrestling, sewing.
- Give reading as a birthday gift e.g. a book or a subscription to a magazine.
- Share your child's class novel. Read it too so you can discuss it or ask them to retell the story so far
- Share your dinner time to talk about each other's day. Talking and listening is so closely related to reading.

Attendance

Students can't learn if they are not at school. It is that simple. Every day missed is a day behind which takes an effort to catch up. If a child is already behind then they become even further behind and then they are more reluctant to go to school and so it goes. Let's start with the presumption that if it is a school day then students go to school. If there is a serious problem then talk to the Year Advisor and see what can be worked out. This is your investment in their future. Seek help if you need it.

Anne Bowden

Community Liaison Officer (CLO)

P & C Meeting

The first meeting of 2019 will be held on: *Monday 11 February at 5.30pm*

Upstairs Common Room.

P&C Meetings are a great way to stay informed about what is going on at school and have input into school priorities.

If you have any queries or anything you would like to raise with the P&C please email Sonya at sonya.danny@bigpond.com

2019 scheduled meetings:

Term 1 - 11 February, 11 March + AGM, 8 April

Term 3 - 12 August, 9 September

All welcome, we look forward to seeing you there.

Sonya Gibbons

P&C Secretary

Term 2 - 13 May, 10 June

Term 4 - 22 November, 9 December

School lockers

Lockers are available through the Canteen for \$40 per year which includes a \$10 deposit to be refunded on return of the key.

Year 12 students who want a locker need to pay \$30 for this year.



From the PDHPE Faculty

It's a fast start to 2019 with plenty of news from the PDHPE Faculty. We would like to welcome Mr Brad Clarke to the PDHPE Faculty for 2019.

Year 7 students will have received their notes for Term 1 sport, where they will participate in blocks of swimming and at school activities. All students will also be taking home notes detailing information about the school swimming, cross country and athletics carnivals. The Swimming Carnival is our first major event and is held Friday the 15th February (Week 3) at the Lismore Memorial Baths.

All of Year 11 will have sat their first class of 'Life Ready'. This is a fortnightly lesson held on Thursday (A) and replaces the old 'Crossroads' program. Life Ready is a mandatory course designed to prepare and support senior students as they encounter situations related to health and safety in their post school lives.

Students from Years 7-10 and those undertaking electives should have received their timetables identifying when their theory and practical lessons are. Students are expected to be prepared for these lessons with the correct equipment and attire. Students who are unable to participate in any practical lesson will be required to present a signed note from home to their class teacher.

A number of winter sports are beginning to have their junior sign-on days. These will be published in the newsletter as the school receives them. Don't forget to visit the link below to redeem your "active kids voucher" which subsidises \$100 per student each calendar year. <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>



John Eakin

PDHPE Teacher

2019 RRHC Jindabyne Snow Trip

2019 RRHC Jindabyne Snow Trip Payment Plan		
Date	Amount Due	Cumulative Total
15 February - Week 3	\$100	\$100
28 February - Week 5	\$100	\$200
15 March - Week 7	\$100	\$300
29 March - Week 9	\$100	\$400
12 April - Week 11	\$100	\$500
3 May - Week 1 Term 2	\$100	\$600
17 May - Week 3	\$100	\$700
31 May - Week 5	\$100	\$800
14 June - Week 7	\$100	\$900
28 June - Week 9	\$110	\$1010

*** Please note that any payment amount may be made at any time at the Front Office. This plan is a guide intended to aid with budgeting for this excursion.*

Well done to all students who have returned their signed permission notes for the snow trip. All permission notes need to be signed and returned to the Front Office as soon as possible.

Students, parents and carers are encouraged to use the payment schedule to help with budgeting and are reminded that the first payment is due on 15 February.

We will have our first snow team meeting in Week 5. Stay tuned.

Jesse Flanagan
HT English



Careers Adviser News

Here are some useful tools for students worth exploring to assist with post school decisions.

<https://www.richmondriverhighcareers.com/> Check out the student secure area for more (under the "for students tab")

<https://myfuture.edu.au/> Use your DoE email address for free access. (find suggested occupations with the career profile activity)

<https://www.jobjump.com.au/> sign up with the password: ricmond (case sensitive)

<https://www.uac.edu.au/> YouTube Channel also available

<https://www.qtac.edu.au/home/home> YouTube Channel also available

<http://www.vtac.edu.au/applying.html> YouTube Channel also available <https://www.tafensw.edu.au/>

Studying at TAFE?

<https://smartandskilled.nsw.gov.au/> Find out vocational course costs and concession eligibility.

<https://www.mtcaustralia.com.au/youth-community/sm...> Need assistance with finding employment?

<https://www.australianapprenticeships.gov.au/> Do you want to be an apprentice?

<https://www.humanservices.gov.au/individuals/enabl...> What government assistance do you qualify for?

<https://www.studyassist.gov.au/help-loans-and-csps> FEE HELP and HECS HELP

Students can drop in and see me anytime for assistance or they can email me to make an appointment.

Eden Weir, Career Adviser



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 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.

ASX Schools Sharemarket Game

Opportunity - All Students are Invited to Register for ASX Schools Sharemarket Game

This year all students at RRHC are invited to register to play the Australian Securities Exchange

Sharemarket Game with Mr Stevenson in the HSIE Department. The ASX Sharemarket Game gives students a chance to invest \$50,000 of hypothetical money into at least four shares of their choice on the Australian Sharemarket. Students will be able to choose to buy shares from over 220 different companies, such as Woolworths, Westpac Bank, Telstra, Bunnings Warehouse, Coca Cola Amatil and BHP Billiton.

Students can form a syndicate of up to four students or simply trade on their own - they will need to choose a share trading name that they wish to use. Mr Stevenson will register students and give them a login and password. He will run share trading workshops in computer labs during lunch times to teach students about trading in shares and to help all interested students get off to a start in their share trading pursuits.

All students receive certificates from the ASX for participating in the Sharemarket Game. The top three profit makers in Australia, as well as the highest profit maker in each state receive generous cash prizes.

Registrations are now open and you should see Mr Stevenson to register to play the Sharemarket Game.

Share trading in Game 1 starts on March 7 and ends on May 15.

Mr Stevenson | Legal Studies, Business Studies and HSIE Teacher.

CALENDAR

TERM 1 - Week 3B

11 February

12 February

Year 12 Drama OnStage

13 February

Year 12 Drama OnStage

14 February

Year 12 Drama OnStage

Assembly – Carr legacy Scholarship

15 February

Year 12 Drama OnStage

Swimming Carnival

TERM 1 - Week 4A

18 February

Year 11 Support Evening

19 February

Broncos Launch

20 February

21 February

22 February

QUOTE OF THE WEEK

"Magic is believing in yourself, if you can do that, you can make anything happen"

(Johann Wolfgang von Goethe)



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 11 February

Chicken or Bean taco & Fresh salsa

- Small \$5, Large \$7



Tuesday 12 February

Mongolian beef & Stir-fry vegetables

- Small \$5, Large \$7



Thursday 14 February

Spaghetti bolognese or Tomato garlic pasta

- Small \$5, Large \$7



Friday 15 February

Swimming Carnival

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

NSW SCHOOL VACCINATION PROGRAM 2019

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered to All year 7 students -

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough) as a single dose
- human papillomavirus (HPV) vaccine in a 2-dose schedule at 0 and 6 months

All year 10 students

- Meningococcal ACWY vaccine as a single dose

Parent Information Kits that include an Information sheet, consent form and privacy statement will be sent home to parents / guardians. To consent to the vaccination of their child, parents / guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Parents will be notified by letter/ or text from The Public Health Unit if this applies to their child.

Students who have any HPV doses at their GP will be advised to complete the course with their GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at: www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

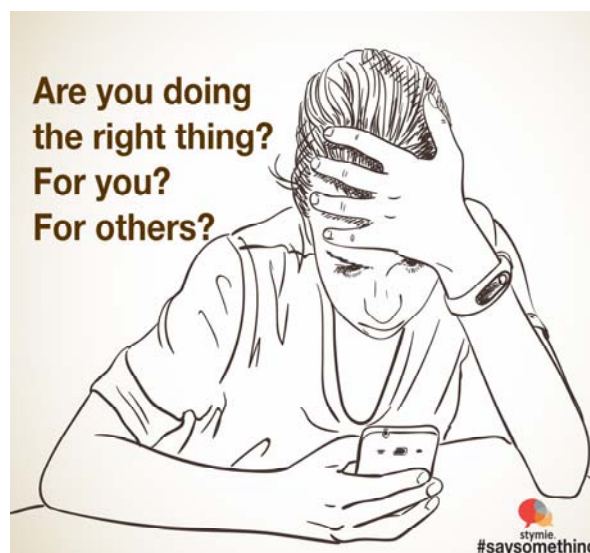
A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Our School Password is:



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

Matt Ottley

Free illustrating workshops with Matt Ottley

For young people aged 12 to 18yrs

Enquires & bookings:

storyboard@byronwritersfestival.com

Thursdays 7 & 14 February 5 - 6.30pm Lismore Library

Richmond Tweed Regional Library
Connect. Discover. Escape.



Magic the Gathering afternoon



Courtesy of Overdrive Gaming - Free 60 card starter decks for all new players

Friday, 22 February
3pm to 5pm
at Lismore Library

Love gaming? Learn and play the role-playing card game, Magic the Gathering.

Ages 13+

Richmond Tweed
Regional Library
Cardstock: 100% recycled paper

Overdrive
Gaming

MAGIC
THE GATHERING

Lismore Library
100 West Street
310 West Street
Lismore NSW 2480

Tuning in to Kids

FREE

FREE
Parenting Program

For Parents with children aged between 7 and 12 years

Where: Starting: Tuesday 20 February 2019 (6 Sessions) Finishing: Tuesday 26 March

Where: All Family Support South Lismore - 32 Wilson Street, South Lismore

Time: 10am to 12.30pm

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 children's emotions

Facilitator Courtney Patterson
Registration required - phone 07 6621 2585

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

February 19th,

24th, March 5th,

12th and 26th

5 sessions

Venue: 41 Wilson

Street South

Lismore

1:00pm-2:30pm

Afternoon Tea will

be provided

Limited spaces, please contact
Family Support Network for the
program on our website 6621 2585
6621 2483
30 Wynnah Road E Lismore
Facilitator - Greg



THE NURTURED HEART APPROACH

FREE 6 DAY COURSE

Dr. Mary Kay Thomas, PhD
Nurtured Heart Institute, USA

The Nurtured Heart Approach® (NHA) is a set of relationship focused methodologies founded strategically in "The 3 B's". It has become a powerful way of enabling the beloved greatest in all children while fostering 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. NHA builds inner strength, the inner strength to confidently meet the challenges of the modern world. NHA helps your child take control of their destiny and take life through considered choices and responses rather than simply reacting to their challenges.

Topics Covered:
Building Inner Wealth®
The 3 B's
Stand 1. ABSOLUTELY NO! / Refuse to react negatively with any energy, connection or relationship.
Taking a new perspective
Stand 2. ABSOLUTELY YES! / Relentlessly create and encourage positivity and success
New ways of being positive
Daily steps to success
The four kinesthetics
Stand 3. ABSOLUTELY CLEAR! / Set and enforce clear limits and consequences in an unambiguous way.
★★★★★
What participants say:
"NHA has been a great and simple framework for parenting, providing a direct means for transcendence of all damaging beliefs and behaviours."
"Nurtured Heart provides the best framework for pulling one's practice into action with back up support available each week."
"NHA can be a life changing approach if used with diligence and courage - love it!"

Book the course here: www.nurturedheart.com.au
Location: Please Family Support Network on 6621 2585.
Cost: FREE with morning tea provided
Dates: Fridays 15th February to 22nd March (6 sessions)
Times: 10am to 12pm
Venue: Family Support Network, 30 Wynnah Road, East Lismore
Presented by: Gordon King, a certified Nurtured Heart Approach trainer, has lived and worked on the Far North Coast for 30 years. He has 5 children and 8 grandchildren. Gordon has worked as a Family Support Worker for the past 3 years, his work is informed by a social conscience, lived experience and backed by a social science degree. Gordon is also involved in The Vectors Project and is a Spring U-Girls program.

SCU Robotics Club

A self-directed learning environment to foster initiative, interest and skills in Robotics

For Primary and High School GIRLS & BOYS !

Every Wednesday
during school terms
3.30pm - 5.30pm

A Block, Level 2
Room A241
Southern Cross University
Lismore Campus



\$55 30th Jan to 3 July
(School Terms 1 and 2)

\$55 24 July to 18 December
(School Terms 3 and 4)

All Robotic platforms welcome.

For enquiries, please email: robotics@scu.edu.au

www.scu.edu.au/engineering



Beyond the Broncos Indigenous Girls Academy - LAUNCH 2019

11:30am - 1:00pm
Tuesday 19th February
Held @ Kadina High School.

Community members who have children enrolled in the program are more than welcome to attend.

Come along and find out what the Broncos program have installed for 2019!

Please RSVP to Anna Toolis - anna.toolis@bronscos.com.au



LISMORE MARIST BROTHERS RAMS JRL

2019 SIGN ON

Sat 2nd Feb 9am-12pm
Sat 9th Feb 9am-12pm
Crozier Field, Lismore

Teams for Boys & Girls from 5 to 16.5 years

VISIT PLAYNRL.COM TO REGISTER

2019 Fees:
\$165 less 'ACTIVE KIDS REBATE' VOUCHER = \$65

ALL REGISTERED PLAYERS RECEIVE:
TRAINING SHIRT / SHORTS / SOCKS
PLUS: NEW MERCHANDISE FOR SALE AT SIGN ON
(HATS / CAPS / HOODIES)

[Lismore Marist Brothers JRL](https://www.facebook.com/LismoreMaristBrothersJRL) @mbjrl

SOUTH LISMORE CELTIC FC SIGN ON

WHEN & WHERE
Saturday 2nd, 9th & 16th February
11am - 2pm at South Lismore Clubhouse

ONLINE REGISTRATIONS OPEN
1st February - 2019
www.playfootball.com.au

ACTIVE KIDS VOUCHER
Remember to claim your \$100 Active Kids voucher online from Service NSW

CONTACT
Sally Bates 0403 791 566

JOIN ONE OF LISMORE'S FASTEST GROWING FOOTBALL CLUBS AND BECOME A CELTIC IN 2019
WELCOMING ALL NEW & RETURNING PLAYERS

2 CANABIA STREET, SOUTH LISMORE 2480
0403 791 566 | southlismorecelticsfc@gmail.com

RICHMOND ROVERS FOOTBALL CLUB

SIGN ON DATES

WHEN
Friday 1st, 8th & 15th of Feb
5pm to 7pm
Saturday 2nd, 9th & 16th of Feb
9am to 1pm

WHERE
Richmond Rovers Club House
Nelson Street, East Lismore

ONLINE REGISTRATIONS OPEN
1st February 2019

WWW.PLAYFOOTBALL.COM.AU

ACTIVE KIDS VOUCHER
Don't forget to bring your active kids voucher code to sign on and apply it online

PLAYING SHIRTS
Old Rovers playing shirts available for purchase on sign on days

SEASON STARTS
ANZAC Cup starts 1st of March
Junior & Senior Pointscore starts 29th of March
Miniroos starts 4th of May

CONTACTS
President
Thomas Gough
0422443155
Junior Registrar
Vicki Bugden
0412217737

Far North Coast Hockey Inc
Junior Pre-Season Twilight Competition

Where: Goonellabah Hockey Centre (Oliver Avenue, behind the Goonellabah Sports Club).

When - Every Thursday for 5 weeks. Commencing on the 7th February 2019
Time - start 4:30 - 6pm
Grades - U11yrs, U13yrs and U15yrs (9-14yrs)

Cost - Free

First night will be a general muster to allocate team players to ensure a good spread of skill mix for all teams.

New Players welcome and hockey sticks will be available for loan on the muster day.

Each player will need to have their own mouth guard and shin pads. These will be available for purchase onsite.

Contact Details
Nathan Kesteven M 0428351956
Dan Hughes M 0405324061
Anne-Marie Cheffins M 0448346476

ITALO STARS FC JUNIOR SIGN ON AND INFORMATION DAYS 2019

SATURDAY 9th FEBRUARY
SATURDAY 16th FEBRUARY
9AM - 12PM
AT OUR HOME GROUND,
BARROW LANE, NORTH LISMORE
OR
REGISTER ONLINE FROM FEB 1st
@ www.playfootball.com.au

OUR CLUB ACCEPTS ACTIVE KIDS VOUCHERS HEAD TO service.nsw.gov.au TO CLAIM

JUNIOR POINTSCORE Start 29th of March
MINIROOS Start 4th of May

For more info contact Emily Cox 0401887808

GOONELLABAH HORNETS FOOTBALL CLUB

SIGN ON DATES

WHEN:
Saturday the 16th of February
9am - 12pm

WHERE:
Goonellabah Soccer Club House
5 Reserve St. Goonellabah

ONLINE REGISTRATIONS OPEN:
1st February 2019

WWW.PLAYFOOTBALL.COM.AU

CONTACTS
Celebrating 50 Years
PRESIDENT: MICK PRIMIANO
PH: 0427789549
JUNIOR REGISTRAR: BRETT CARDEN
PH: 0427789549
ACTIVE KIDS VOUCHER: Don't forget to redeem your \$100 voucher through the Service NSW website before signing on

LWFC 2019 SIGN ON DAYS

POSTED ON JANUARY 31, 2019

NEWS AND EVENTS

Sign-on for Juniors and Seniors will be at the Lismore Workers FC clubhouse, Brewster Street on the following days:

4-7pm on Thursday 7th, 14th & 21st February
9am-12 noon on Saturday 9th, 16th & 23rd February

Fees will remain unchanged from 2018 season.
EFTPOS facilities and club merchandise will be available.

Committee members will also be there to meet new and current members and answer any questions about training, club facilities, upcoming events and ways you can become more involved in club activities.

Lismore Workers FC is a renowned family-friendly club, and we are always open to input and feedback from members.

LWFC 2019 FEES:

JUNIORS	
6 - 9 Years	\$100
10 - 11 Years	\$130
12 - 14 Years	\$150
15 - 16 Years	\$180
17 - 18 Years	\$230
SENIORS	
Men & Women	\$200

Lismore Workers FC is registered for NSW Government Active Kids \$100 Voucher
www.service.nsw.gov.au/active-kids

2019 JUNIOR SIGN ON DAYS

LISMORE THISTLES SOCCER CLUB

SATURDAY 2ND FEBRUARY
SATURDAY 9TH FEBRUARY
SATURDAY 16TH FEBRUARY
SATURDAY 23RD FEBRUARY

AT OUR CLUBHOUSE, THISTLES PARK, 191 MILITARY ROAD, EAST LISMORE
9.30AM TILL 1PM

Information / Sign on Days for Boys and Girls aged between 5 and 16 years (Grades 6 to 16)

Don't forget to claim your Active Kids Voucher at: service.nsw.gov.au/apply-active-kids-voucher

APPROVED PROVIDER

ACTIVE KIDS

CLAIM YOUR \$100 VOUCHER TODAY
SPORT.NSW.GOV.AU/ACTIVEKIDS

NSW

Lismore Rugby Union Club Inc added an event.
7 January at 21:07

MARK THE 2ND OF MARCH IN YOUR DIARIES

Let's start the 2019 rugby season off with a bang @ the LCRC family fun day/ sign on!

ALL ages from U7s - U17 boys, U 15 & 17 girls and senior men & women!!!! NEW PLAYERS WELCOME!

Meet your coaches
Purchase/ order uniform items - exciting new items for the 2019 season are on their way!
Assistance with sign on
Fun games for all ages
Drawing of the Fiji Tour Major raffle
BBQ & Bar available

Come and support the club as we start the 2019 campaign.

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 2019

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.