

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 3 | TERM 1 | WEEK 3

Principal's Message

It was truly lovely to be part of the Carr Scholarship Assembly yesterday. I have included my keynote because it sums up my thoughts;

'This assembly is one of my favourites of the school year because we get to put front and centre five of our young people who have created the conditions and the work ethic to experience true school academic success.

Success looks different for each of us, and often it's about seeing something that you want, an end goal, and having the forethought and the resources to take a step towards it.

Hard work, true dedication and maintaining a dream are all critical parts of making the life you wish to live, but there is also more; I believe that as students you need to develop the emotional intelligence to cope when things get hard, and to persist when you know that you are on the right path.

Hardship is inevitable, there are always things that could go wrong, and do go wrong, as I have said to you many times before, it is how we approach the difficult times and difficult situations that matters, and inevitably drives how you as young people will develop the resilience to step up, step out and continue on your educational journey.

Sometimes it can be as easy as changing the way that you look at things ... because sometimes when you do that, the things you look at will change ... a perfect example may be a Science assessment task you have been dreading, if you have done the work, if you have sought advice from your teachers, and are comfortable with your knowledge ... then perhaps when you look at that assessment task, instead of seeing it as being a source of anxiety, you may see an opportunity to discover the areas where you still may need to revise your work and bolster your knowledge.

The five young people who are the recipients of the Carr scholarships today have all found a way to become the best version of themselves that they could at the time. They worked hard, they studied with purpose, they built their resilience and their emotional intelligence, and they could provide the evidence of their learning when it mattered.

As your school leader I don't expect miracles, and I don't expect perfection, but I, along with your parents, your community and all your teachers would dearly love to see you also be the best version of yourself that you can be at this time, as these young people have done.

Shane, Arundhati, Jacob, Savannah and Tiffany congratulations on your efforts, your tenacity, your resilience and I wish you all the best as your journeys continue beyond Richmond River High Campus. I know the scholarship makes that journey a little easier for you all."

Mary-Jane Pell
Principal

Carr Legacy Scholarship Assembly

On Thursday the recipients of the Carr Legacy Scholarship were acknowledged at a whole school assembly. The Carrs donated almost a million dollars, so that five \$10,000 scholarships can be awarded each year to HSC students to assist with their university costs. These scholarships are a wonderful opportunity and we would like to acknowledge the generosity of this bequest to the school.

Congratulations to our recipients:

Shane Rapmund – Computer Software Engineering Degree at QUT.

Arundhati Gotz – Bachelor of International Relations at Karlsruhe International University, Germany.

Jacob Ross – Double degree Bachelor of Engineering and Bachelor of Engineering Science at the University of NSW, represented by his mum, Deb.

Savannah Smith – University in 2020

Tiffany Hull – Double degree Bachelor of Business and Bachelor of Communications at QUT



The Assembly was led by Jazmin and Luka, thanks to our Year 7 students who led the National Anthem and to our group "Room 19", for their musical performance.

Deputy Principal's News

Hello RRHC community

It has been another busy week with the Swimming Carnival and other great educational excursions occurring this week. It was excellent to see the students participating and the weather was outstanding for the Carnival.

On 18 February there will be a Year 11 Q & A night in the MPU 5-6pm. This will be an amazing opportunity for the students and parents to come and be provided with vital information as well as to find out how to support students through their HSC years.

It is important that all students arrive before the 9:10 bell for Roll Call. All years have Roll Call, and seniors with 8:30 classes will already be in attendance. Being present at Roll Call ensures that students receive consistent information and hear about all the possible opportunities that are available to them at RRHC. If your child is late ensure that they are signed in through the Front Office by a parent or carer, and if your child needs to leave school early ensure that they are picked up from the school and signed out through the Front Office.

School photographs will be occurring mid-March so please check with your child over the coming weeks for the information. We are using a college-wide photography company, Advancedlife, who provide the opportunity to complete orders online which will simplify the process.

I would like to thank all students and staff on a great start to the year and we are looking forward to a year full of opportunities for our students.

"Widespread public access to knowledge, like public education, is one of the pillars of our democracy, a guarantee that we can maintain a well-informed citizenry." Scott Turow

Luke Woodward

Deputy Principal

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.



Year 11 Q and A Night

Monday 18 February in the MPU between 5 -6 pm
This is an excellent opportunity for students and parents to find out what is required for success during the senior years at RRHC and ask those important questions for students graduating in 2020.

We look forward to seeing all Year 11 students and parents at this Q & A.

Mary-Jane Pell
Principal

ASSESSMENT CALENDAR

Weeks 5 and 6

Year 7

Year 8

Year 9

Year 10

Biotechnology Research & Presentation
Task - **4.3.19**

Year 11

Standard Mathematics 'Algebra Classwork
Portfolio' due - **26.2.19**

Year 12

SLR 'Sports Administration' Assessment
Task - **1.3.19**

Biology 'Genetic Disorders' - **4.3.19**

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.

From the Community Liaison Officer (CLO)

Supporting a Young Person's Learning from Home

There are a number of ways we can support our students from home with their studies. We do not have to be teachers to do it. Every time we talk to our students about their learning then we send them a message that what they are doing is valuable and worth our attention.

Let's talk about Science learning and how we can help:

NESA tells us that through the study of Science students learn about our biological, chemical, geological, physical and technological world. They actively develop skills in planning and conducting investigations, recording and analysing data, and problem solving. Students explore real world phenomena and develop solutions to authentic problems. Science topics change frequently in the classroom and it helps to ask your student what they are currently learning. When you know that, have a think about how you use those skills in your life. The world around us runs on science. When we look around our environment and how we can make it the best that we can for our children then we are using that part of the brain that is about science. How is our world looking? What needs to be done? How can we make it better? How can we conserve the resources that we have? How can we limit over-consumption?

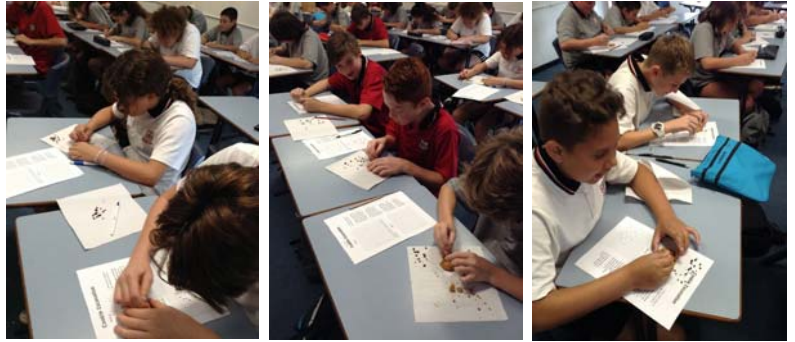
These are all topics we can discuss with our children and be sure that we are helping them to build a good future. We are also helping them to consider the world around them and we are helping them to develop their own thinking skills. Keep asking those questions that make young people think a bit more and you will be doing them a great service.

Anne Bowden
Community Liaison Officer (CLO)

Year 7 History

7.3 HSIE used their knowledge of archaeology to excavate chocolate chip cookies in class as part of their introduction to History. They used toothpicks as trowels and learned about some of the challenges archaeologists face when digging up artefacts (although ancient artefacts are rarely edible!).

Katie Magripilis
HSIE Teacher



Japanese - Class 7.1

Year 7 have been making origami hearts to celebrate Valentine's Day.

Belinda Fleming
Japanese Teacher



Library Lovers' Day - 14 February

We are celebrating Library Lovers' Week with a display of staff wedding attire. Students can enter our competition by matching the staff member to their outfit. Winners will receive a book voucher to The Book Warehouse Lismore. Lots of romance and classic love stories are also available to borrow. The installation has certainly created plenty of conversation. Thanks to AJ Magnay's for lending the body forms to display the clothing.

Louise Seccombe
Teacher Librarian



From the PDHPE Faculty

All students in Years 7-10 have completed "the beep-test" in their PE classes. This test measures a person's ability to utilise oxygen whilst exercising. The fitter you are, the higher the score. Students in Years 7-10 will complete four of these each year, challenging themselves to set and achieve a range of fitness goals. The best scores will now be part of RRHC history as they are displayed in the MPU.

CURRENT YEAR					
	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
BOYS	Benji DeMilford	Djuan Rawson	Bailey Bryant	Josh Rogers	Brock Youngberry
LEVEL	9.6	9.5	11.2	11.1	9.4
GIRLS	Mia Spence	Zara Bruce	Lexi Daly	Nashandra Leoni	Phoebe Hignett
LEVEL	8.4	9.3	7.1	6.5	7.2

In the past week the four Houses (Gilchrist, Freeman, Kewell, Thomas) held their annual Sports Captain elections. The elected leaders for 2019 are:

Gilchrist - Luka Goulding and Indigo Keszler (Captains). Luca Jones and Nelene Hunold (Vice Captains).

Freeman - Jackson Turner and Alinta Ahrens (Captains). Josh Bryant and Chelsea Elliot (Vice Captains).

Kewell - Charlie Miller and Macie Nixon (Captains). Lachlan Rogers and Scarlett Singer (Vice Captains).

Thomas - Luc Veit-Prince and Christie Willis (Captains). Zenara Leonard and Shoshanah Toben (Vice Captains)



On Monday Alinta Ahrens and Jazmin Bertuzzi travelled to Port Macquarie to represent the Northern Rivers at North Coast Volleyball Trials. They won two games and lost one. Jazmin was selected as a shadow reserve for the North Coast team. Congratulations girls.



Wednesday was our first week of student selected sports. It was excellent to see so many students actively participating in their chosen sports despite the hot conditions.

John Eakin

PDHPE Teacher



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.

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”) Great for resume templates.

<https://myfuture.edu.au/> Use your student 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/> Contact TAFE NSW for enrolment and course assistance phone: 131601

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

<https://www.mtcaustralia.com.au/youth-community/sm...> Contact Toni Bellos for an interview and to find out more 0437643540 Or 66204782

<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

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 and paid the first instalment. 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. The next payment is due on 28 February.

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

Jesse Flanagan
HT English



CALENDAR

Term 1 - Week 4A

18 February

Year 11 Support Evening

19 February

Broncos Launch

20 February

21 February

22 February

Under 15s Touch Football

Term 1- Week 5B

25 February

Year 7 Meet & Greet

26 February

Northern Rivers CHS Zone Swimming

University Showcase

27 February

Northern Rivers CHS Zone Swimming

28 February

Year 7 Vaccinations

1 March

QUOTE OF THE WEEK

*"Don't judge each day by the harvest
you reap but by seeds that you plant."*
(Robert Louis Stevenson)



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 4

Monday 18 February

Honey chicken with fried rice - Small \$5, Large \$7

Tuesday 19 February

Koftas and a variety of salads
- Small \$5, Large \$7



Thursday 21 February

Beef or Vegetable lasagne with salad - \$6 each

Friday 22 February

Indian curry - Meat and Vegetable options
with rice - Small \$5, Large \$7



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.

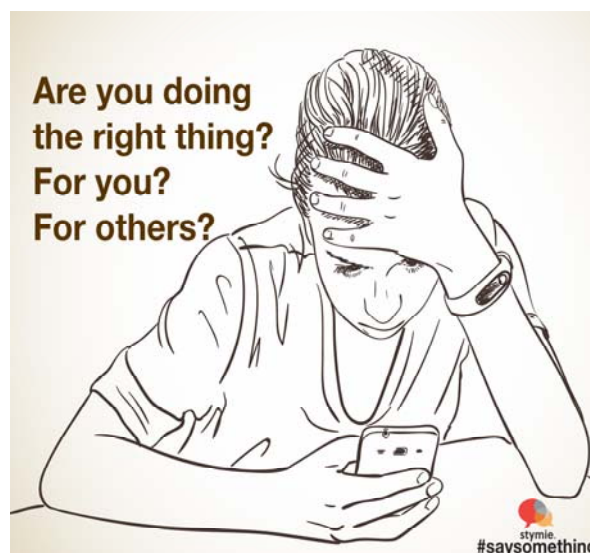
A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

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
Connect. Discover. Escape.

Overdrive
Gaming

MAGIC
THE GATHERING

Lismore Library
100 West Street
516 Westgate Road
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: 41 Family Support South Lismore - 41 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 to 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
Experience required - please call on 0622 2489



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 6th,

10th and 24th

5 sessions

Venue: 41 Wilson

Street South

Lismore

3.00pm-5.30pm

Afternoon Tea will

be provided

Limited spaces, please contact
Family Support Network on the
phone and see our website for
662 13489
30 Wynellah Road E Lismore
Facilitator - Tony



Do you want help finding Year 11 or HSC Study Resources?
Are you looking for a way into the workforce or an apprenticeship?

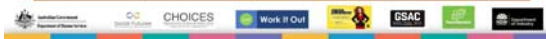
SURVIVE & Thrive

An Expo for
16 - 18 year olds

- Study resources
- De-stress techniques
- Staying fit and healthy
- Confidential sexual health help

- Assistance with applying for work
- Apprenticeship advice
- Resumes
- Employee rights & superannuation

Thursday 28 February, 4 - 6pm, Lismore Library



Richmond Tweed Regional Library
Connect. Discover. Escape.

THE NURTURED HEART APPROACH FREE 6 DAY COURSE



The Nurtured Heart Approach® (NHA) is a set of relationship focused methodologies founded organically in "The 5 Stands". It has become a powerful way of enhancing the inherent goodness 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. NHA builds inner strength, the inner strength to confidently meet the challenges of the outside world. Inner strength helps your child take control of their intensity and live life through considered choices and responses rather than simply reacting to these challenges.

Bookings for the course is essential as sessions are limited. Please Family Support Network on 6622 2489.

COST: FREE, with morning tea provided

Dates: 6 days 15th February to 23rd March

(6 SESSIONS)

Time: 10am to 12pm

Venue: Family Support Network, 30 Wynellah Road,

East Lismore

Presented by: Gordon King, a certified Nurtured Heart Approach Trainer, has lived and worked in the Far North Coast for 30 years. He has 1 children and 6 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 trained in The Values Project and is a bringing Up Great Kids presenter.

TOPICS COVERED:

Building Inner Strength®

The 5 Stands

Stand 1. ABSOLUTELY NO!

I refuse to respond negatively

with any strategy, connection or

relationship.

Upright down energy

Taking a new perspective

Stand 2. ABSOLUTELY YES!

I enthusiastically create and

innovate positivity and success

New ways of being positive

daily steps to success

The four knowledges

Stand 3. ABSOLUTELY CLEAR!

I set and enforce clear limits

and consequences in an

unwavering way.

What past 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's practical, no-fuss

methods" "stated help in putting their

practical into action with back up

support available each week."

"NHA can be a life changing approach

if used with diligence and courage -

love it!"



SCU Robotics Club

Southern Cross
University
School of Environment,
Science and Engineering

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 Toole -
anna.toole@bronsos.com.au





NIMBIN HEADERS SPORTS CLUB

REGISTER NOW!

- Step 1:** Get your Active Kids Voucher. This must be done PRIOR to registration. For further information visit <https://sport.nsw.gov.au/sector/development/activekids>
- Step 2:** Register online via the link on our Facebook page or at <https://www.playfootball.com.au> (apply your voucher during registration)

A registration guide is available through :- <http://northernswfootball.com.au/wp-content/uploads/2019/01/2019-Play-Football-Registration-Guide-NNSWF.pdf>

PRE-SEASON TRAINING

Starts on **Thursday 14th Feb**, 4pm-5.30pm.
For all Miniros (7-11) and Juniors (12-16).

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 CANABA STREET, SOUTH LISMORE 2480
0403 791 566 | SALLY BATES
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 Pointscorers starts 29th of March
Miniros starts 4th of May

CONTACTS

President
Thomas Gough
0422443155
Junior Registrar
Vicki Bugden
0412217737



Junior and Senior Hockey

Pre-Season Twilight Competition

Where: Coraki Tennis Courts-Bridge St Coraki

When: Every Tuesday for 5 weeks. Commencing on the 20th February 2019

Time: Juniors 4:30-6pm, Seniors 6:30-8pm

Grades: Juniors 8-14yrs, Seniors 15yrs onwards

Cost: Free

All Players welcome and some hockey sticks will be available for loan.

So bring a friend and come along for some fun and fitness.

For more information

Please Contact

Edhan White: 0478683086 Warren Bradford: 0408663607

Anne-Maree Cheffins 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



Celebrating
50 Years

CONTACTS

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

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

RSS



HOME

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

BRUMBIES DEVELOPMENT CAMPS

Australian Institute of Sport - April 2019

High quality training camp based on developing player skills and abilities. Experience high quality training regime based around a professional environment like that of a professional player. Session will include expert coaching in all areas of the game as well as individual, positional, unit and team based skills. All camps will be run over 3 days with access to state-of-the-art facilities at the Australian Institute of Sport Canberra.

JUNIOR NETS DEVELOPMENT CAMP
6th April to 8th April 2019 (10 and 11s)

- 13th to the 15th of April - 2019
- Two nights of accommodation and meals provided
- Training kit will be provided

JUNIOR 17's DEVELOPMENT CAMP
16th April to 17th April 2019 (16 and 17s)

- 15th to the 16th of April - 2019
- Two nights of accommodation and meals provided
- Training kit will be provided

The camps will provide players with the chance to learn and develop their rugby skills from both POCOR coaches and Super 15 coaches. Use the skills of a professional player while being mentored by our very own POCOR Brumbies players and Super 15 coaches with specialist coaching from level 2, 3 and 4 coaches in structured training sessions.

LIMITED SPOTS AVAILABLE

For more information please email:
Enquiries: enquiries@brumbies.com.au
Enquiries: 0800 625 114

AIS McDonald's ACT ActewAGL

PLAY RUGBY

Lismore Rugby Union Club
Season Launch
02/03/2019 4pm-7pm
Calling all Teams Boys/Girls to come try rugby with CITY
U12's - U19's
15+ training now Tues Thurs 6pm
FEE'S \$160 (100 active kids)
Download rugby Xplorer app to register
<https://www.rugby.com.au/rugby/xplorer>

SEASON LAUNCH DAY

ALL AGES EVENT! U12's seniors All Ages! U12's Teams
Come down and meet your 2019 coaches, anyone who registers will receive a club training shirt and sports bag water bottle. The U12's try team will be doing a BBQ lunch away. NSW rugby Development officers will be running skill activities. Giveaways, prizes, raffles and the drawing of the Major Tix tour raffle.

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.