

# 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](http://www.richmondri-h.schools.nsw.edu.au)

2019 | ISSUE 4 | TERM 1 | WEEK 4

## Principal's Message

As you are more than likely aware we have a Tropical Cyclone sitting off the coast of South East Queensland which may or may not cause us some issues. Whilst the current track maps are suggesting TC Oma is of no danger to us and may well bring a good quantity of much needed rain, you can never be sure with a cyclone. **At present we are business as usual, with the only current postponement being the Year 7 excursion scheduled for Tuesday down at Ballina and the Year 6 Orientation Day at school on the same day.** This postponement is due more to the fact that with the rain and current high tides we are expecting that Pop Denison Park at Shaws Bay will be far too wet for the students to use. Whatever the weather brings please be mindful of the dangers of the wind and surf at the moment and keep yourselves safe.

I hope you enjoy the weekend, and we expect to be fully operational as usual next week.

**Mary-Jane Pell**

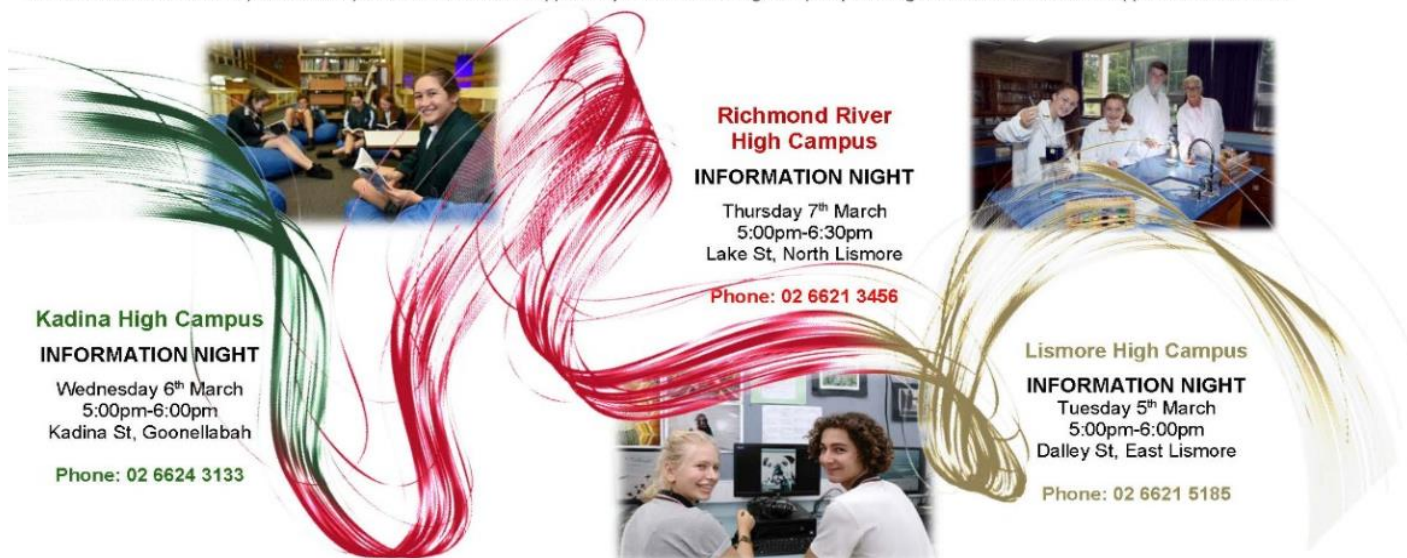
**Principal**







***By sending your child to a campus of the Rivers Secondary College  
You have chosen to provide them with the very best available secondary education.***

The Rivers Secondary College provides excellence in education by providing quality, innovative curriculum and student leadership opportunities, inspired teaching and learning as well as successful transition programs into workplace and tertiary education settings. Each campus works collaboratively with our local Lismore community to deliver a broad and inclusive educational experience and provide all students the opportunity to achieve the highest quality learning outcomes in a safe and supportive environment.






**Kadina High Campus**  
**INFORMATION NIGHT**  
Wednesday 6<sup>th</sup> March  
5:00pm-6:00pm  
Kadina St, Goonellabah  
**Phone: 02 6624 3133**



**Richmond River High Campus**  
**INFORMATION NIGHT**  
Thursday 7<sup>th</sup> March  
5:00pm-6:30pm  
Lake St, North Lismore  
**Phone: 02 6621 3456**



**Lismore High Campus**  
**INFORMATION NIGHT**  
Tuesday 5<sup>th</sup> March  
5:00pm-6:00pm  
Dalley St, East Lismore  
**Phone: 02 6621 5185**

## Deputy Principal's News

Hello RRHC community

It has been a busy week at the River with the Year 11 Question and Answer night, sporting excursions and quality teaching occurring in classrooms. It was excellent to see the students and parents at the Year 11 Q & A night. Students have been provided with an outline of the information as well as a contract that must be signed and returned. Please ensure that you keep the first two pages. Congratulations to students who participated in the sporting events.

On 25 February the Year 7 Meet and Greet night will be held. This will be an amazing opportunity for the students and parents to be provided with vital information as well as ask questions about how to support their children through the high school years as well as developing a strong connection between school and home. Year 7 students are going on an Activities Day on 26 February to Ballina. Please ensure that your child has returned the permission note as these days are vital to the development of a strong year group.

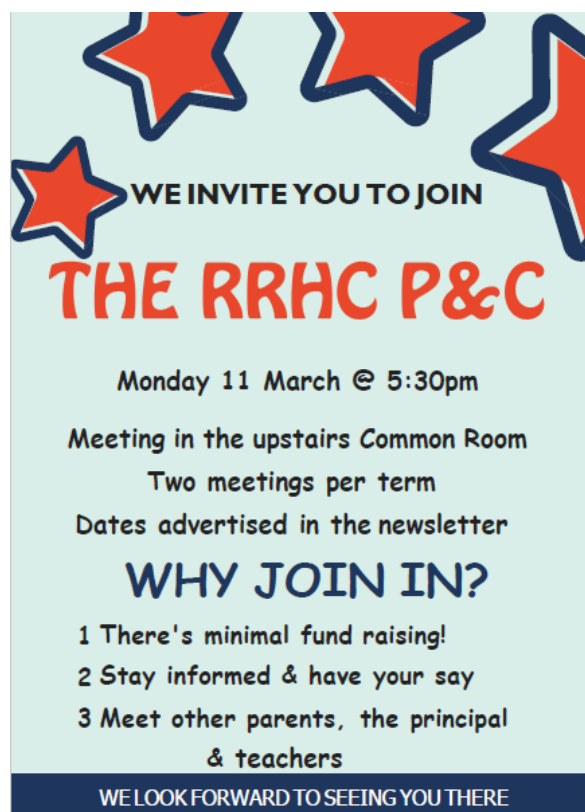
Please be aware that with a potentially severe weather event approaching, these events may be postponed to a later date. As always, be familiar with the school's communication outlets so that you are fully informed. Please keep yourselves safe if the weather turns poor and arrange with your family what steps you will need to take to remain safe and secure.

It is important that all students attend school every day that they can. Students are being asked about their attendance as we want all students here to ensure that they are taking advantage of every learning opportunity available. Students who have poor attendance will be supported using a variety of methods to help them feel connected at school.

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

"No cricket team in the world depends on one or two players. The team always plays to win." (*Virat Kohli*)

**Luke Woodward**  
**Deputy Principal**



## ASSESSMENT CALENDAR

**Weeks 5 and 6**

**Year 7**

**Year 8**

Maths 'Fractions, Decimals & Percentages' - **4.3.19**

**Year 9**

Maths 'Number Skills' in class - **1.3.19**

Maths 'Surface Area' - **7.3.19**

**Year 10**

Science Biotechnology Research & Presentation task - **4.3.19**

Maths 'Indices' - **1.3.19**

**Year 11**

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

Maths 'Polynomials, Inequalities' - **6.3.19**

**Year 12**

SLR 'Sports Administration' - **1.3.19**

Biology 'Genetic Disorders' - **4.3.19**

PDHPE 'Health Priorities in Australia' - **8.3.19**

## 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)

**Year 7 Parents and Carers Meet and Greet Evening - See you on Monday 25 February at 5pm-6pm**

This will be a very informal evening to get to know the teachers and put names to faces. Come along and bring the kids.

### **The Wonderful World of Personal Development, Health and Physical Education**

This is the subject where students learn many aspects of being healthy, physically, mentally and emotionally. It is in the best interests of our children to understand this subject and its many topics.

In Year 7 students learn about:

Adolescence, Puberty, Sexual Health, Mental Health, Interpersonal Relationships, and The Human Body.

As Parents and Carers this sounds like a great opportunity to check with your young person to see what topic they are learning about today and have a discussion about your understanding of such a topic. The more often you take up the challenge of talking to your student about their learning, the more you are making relevant to them and to their life after school. You can support them to learn to be responsible for their own well being. Remember to ask them about what they are currently learning. Ensure they bring the correct equipment and clothing to school.

If you have any questions the send an email to the relevant teacher.

Enjoy your children.

**Anne Bowden**

**Community Liaison Officer (CLO)**

# 2019 TRSC RRHC SWIMMING CARNIVAL RESULTS

## AGE CHAMPIONS – GIRLS

Senior Girls Multi-Class	Ruby Sharp	7pts
12yrs	Hana Spence	29pts
13yrs	Sasha Peters	28pts
14yrs	Holly Anderson	25pts
15yrs	Erin Hatfield	52pts
16yrs	Rattana Bowyer/Ayla-Mae McHardy	7pts
17+ yrs	Yazmin Harvey	63pts

## AGE CHAMPIONS – BOYS

Junior Boys Multi-Class	Hunter Roadley	49pts
12yrs	Kobie Baker	25pts
13yrs	Aaron Everson	60pts
14yrs	Taimana White	42pts
15yrs	Dashi Hunter	28pts
16yrs	Joel Everson	49pts
17yrs	Tahi White	20pts

## RECORDS BROKEN

NEW RECORD		PREVIOUS RECORD	
13yrs boys 200m Free	<b>3:01.00</b>	Aaron Everson	3:29.73 Nicholas Egger
12-14yrs boys 200 IM	<b>3:11.94</b>	Aaron Everson	3:13.70 Joel Everson
14yrs girls 200m Free	<b>4:11.00</b>	Gemma Sipple	4:13.73 Jazmin Bertuzzi
15yrs girls 200m Free	<b>3:29.02</b>	Erin Hatfield	3:45.94 Zara Danks
17+yrs girls 200m Free	<b>2:31.66</b>	Yazmin Harvey	2:41.45 C. Linsley-Noakes
17-19yrs girls 200 IM	<b>2:50.69</b>	Yazmin Harvey	3:18.20 C. Linsley-Noakes

## RECORDS WHERE NONE PREVIOUSLY RECORDED

12-15yrs boys 50m Freestyle Multi-Class	<b>1:02.00</b>	Hunter Roadley
16-19yrs girls 50m Freestyle Multi-Class	<b>1:39.26</b>	Ruby Sharp
12-15yrs 100m Freestyle Multi-Class	<b>2:23.35</b>	Hunter Roadley
12yrs girls 100m Breaststroke	<b>2:49.15</b>	Hana Spence
12yrs boys 100m Breaststroke	<b>2:59.47</b>	Yuma Tilgner
13yrs girls 100m Breaststroke	<b>2:46.25</b>	Alice Hornby
13yrs boys 100m Breaststroke	<b>1:46.23</b>	Aaron Everson
14yrs boys 100m Breaststroke	<b>2:04.69</b>	Holly Anderson
14yrs boys 100m Breaststroke	<b>2:32.52</b>	Djuan Pawson
16yrs boys 100m Breaststroke	<b>1:33.19</b>	Joel Everson
12-15yrs boys 50m Backstroke Multi-Class	<b>44.47</b>	Hunter Roadley
12yrs boys 100m Backstroke	<b>3:00.07</b>	Kobie Baker
13yrs girls 100m Backstroke	<b>2:11.50</b>	Sasha Peters
13yrs boys 100m Backstroke	<b>1:40.98</b>	Aaron Everson
14yrs boys 100m Backstroke	<b>1:35.85</b>	Taimana White
15yrs girls 100m Backstroke	<b>2:04.83</b>	Erin Hatfield
17-19yrs girls 100m Backstroke	<b>1:22.02</b>	Yazmin Harvey
12-15yrs boys 50m Butterfly Multi-Class	<b>1:02.00</b>	Hunter Roadley
13yrs boys 100m Butterfly	<b>1:58.09</b>	Aaron Everson
17-19yrs girls 100m Butterfly	<b>1:21.11</b>	Yazmin Harvey

## HOUSE POINTS

THOMAS	438
GILCHRIST	436
KEWELL	367
FREEMAN	355



## From the PDHPE Faculty

It was excellent to see such a great turnout at our annual Swimming Carnival. We had excellent weather for the day, which aided in a wonderful carnival atmosphere. Records were broken and new records set, but the highlight of the day was the tight contest between Thomas and Gilchrist houses where only two points separated them at the end of the day. Thomas was declared the winner with a tally of 438 points. I'd like to thank the staff for their organisation and running of events and the students for the way they represented our Campus both in and out of the pool.

The table below highlights the learning area of or Years 7-10 PDHPE classes this term. This will be a good area for parents to reflect on their student's learning in this subject. For any questions about the content of these units please contact Mrs Stacy Clark, Head Teacher PDHPE.

Year	Theory topic(s)	Practical unit(s)
7	Who am I? An exploration of personal identity and changes through adolescence	Fundamental movement skills and Cross country
8	Mind, Body and Soul - An in-depth look at mental health	Basketball, Netball, European Handball and Cross country
9	The best version of me - exploring influence, drug use, consent and online interactions	Volleyball, Tee ball and Cross country
10	It's my party - Students use their knowledge on risk taking to plan a safe event	National games and Cross country

**John Eakin**  
**PDHPE Teacher**





## Year 7 School Vaccination Program

Year 7 students have received their vaccination forms please return them asap to the Front Office. Vaccinations will be given on Thursday 28 February.

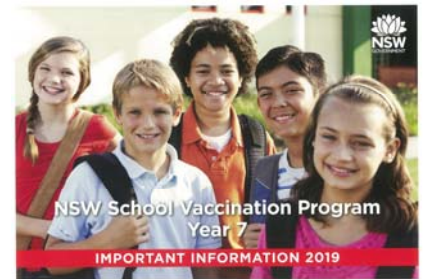
The following vaccines are being offered to all Year 7 students -

-dTpa vaccine (Diphtheria, Tetanus & Pertussis (Whooping cough) as a single dose

-human papillomavirus (HPV) vaccine in a 2-dose...

**Louise Seccombe**

**Coordinator**



## Onstage Excursion to Sydney

HSC and Year 11 Drama students from The Rivers College, accompanied by Mr Sassi and Miss McKinlay, travelled to Sydney last week to attend HSC Onstage at the Seymour Centre, University of Sydney. Over two nights we watched a selection of the best Individual and Group Performances from the 2018 Drama cohort across the state. In the foyer were also displays of the best Individual Projects in Costume Design, Publicity, Set Design, and Critical Analysis. Students visited Belvoir Street Theatre where we watched an archived performance of 'Stolen', one of the HSC compulsory texts and participated in a private workshop developing our Group Performance skills. We also attended the National Institute of Dramatic Arts which included another private Group skills workshop and a backstage tour of the facilities. On the final afternoon we visited the NSW Art Gallery to view ARTXPRESS, the best HSC Visual Art works from 2018. In between much sightseeing was had which included the Sydney Theatre Arts precinct, The Sydney Opera House, Circular Quay, The Rocks, Pitt Street Mall, The Queen Victoria Arcade, Chinatown and Darling Harbour. All the students conducted themselves impeccably and participated in workshops with great gusto and commitment. Thanks to all who attended, it was a fantastic learning experience for all.

**Dimity McKinlay**

**Drama Teacher**



## Year 11 - Ancient History

Last week the Year 11 Ancient History class conducted a mock (edible) archaeological dig in class. They used spoons as shovels, toothpicks as trowels and paintbrushes as brushes for fine materials. They could choose between open-area or grid excavation and faced many of the same challenges archaeologists deal with when on site in the field. As part of the process they had to keep a record of their finds and draw conclusions about the artefacts. This practical activity supports and consolidated the first topic in the course, "The investigation of ancient sites and sources". What did they find? The proof is in the pudding!

**Katie Magriplis**  
**HSIE Teacher**





## Clean Up Australia events

Next weekend marks the 30th anniversary of the Clean Up Australia event. RRHC will be participating once again in the clean up schools event and this year each faculty will be holding various events and curriculum linked activities around recycling and sustainability.

CAPA will be running an artworks competition involving the use of recycled materials to produce artworks. TAS will be participating in the "Love Food Hate Waste" campaign as well as promoting awareness of the wastage centred around the fashion industry. English will be asking students to compose poems sourced from lists of resources used in students' daily lives and whether they are environmentally sustainable. HSIE also have a number of activities planned. Science will organise the clean up around the school as well as other "Awareness" initiatives.

Get involved...we all can make a difference!

**Pauline Macleod**

**Science 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](http://www.stymie.com.au) and [www.facebook.com/stymieau](http://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](http://www.studyskillshandbook.com.au) and login as a subscriber with these details:

USERNAME:

PASSWORD:

**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”)

<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**

## 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 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 5B

25 February

Year 7 Meet & Greet

Rivers Dance Auditions

26 February

Northern Rivers CHS Zone Swimming

University Showcase

27 February

Northern Rivers CHS Zone Swimming

28 February

Year 7 Vaccinations

1 March

Youth School Clean Up Day

College Student Leaders Meeting

### Term 1- Week 6A

4 March

White Card training

5 March

Year 11 Biology Fieldwork

6 March

Work Studies Support agencies visits

7 March

International Women's Day celebration

Year 6 into Year 7 Information

8 March

Broncos Workshop

### QUOTE OF THE WEEK

*"Love the life you live. Live the life  
you love."*  
(Bob Marley)



## 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 5

Monday 25 February

Apricot chicken legs or Vegetables with a variety  
of salads - Small \$5, Large \$7

Tuesday 26 February

Roast beef with roasted vegetables  
- Small \$5, Large \$7



Thursday 28 February

Basil chicken or Tofu stir fry - Small \$5, Large \$7

Friday 1 March

Beef stroganoff or Creamy mushroom pasta  
- Small \$5, Large \$7



## FROM THE CANTEEN

### Volunteers

We are seeking volunteers to assist in the  
Canteen. If you can donate a day to assist on a  
daily, weekly or monthly basis, please phone  
6621 4890.



### 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

## Beyond the Broncos – Girls Academy

On Tuesday, fourteen of our Indigenous girls went on an exciting excursion to Kadina High Campus for the Beyond the Broncos Launch. Students heard from Scott Prince and Anna Toole about what the Beyond the Broncos Indigenous Girls program has to offer them in 2019.

**Anna Toole**

**Brisbane Broncos Aboriginal Student Support Officer**



## School lockers

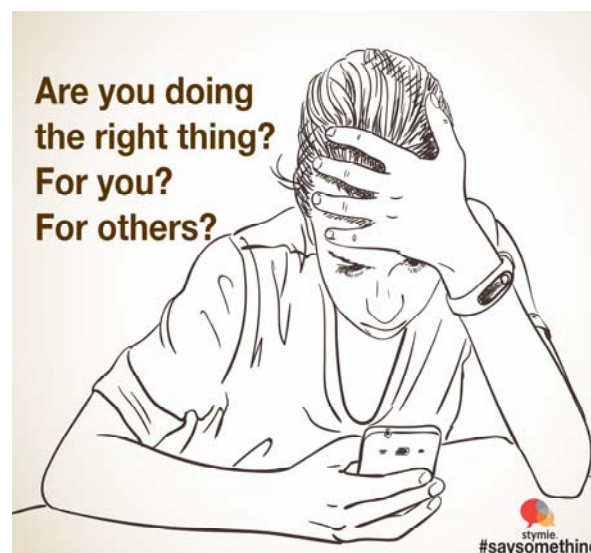
Lockers are available through the Canteen for \$40 per year which includes a \$10 deposit to be refunded on return of the key. Year 12 students who want a locker need to pay \$30 for this year.



Our School Password is:

The news for your Careers sent to you!


Visit: [www.jobjump.com.au](http://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](http://web2.richmondri-h.schools.nsw.edu.au/portal/login)






## SINGLE NAME PAVER TEMPLATE

**TULLERA COMMUNITY HALL**

Please Fund a Paver and help us build a beautiful path and create a little history. Single Pavers \$30 - Family Names, Wedding Dates, Birthdays, Reunions, whatever you would like to commemorate. Also Hand Drawn Pavers available \$35.



### SINGLE NAME PAVER: \$30

Your donation entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed at Tullera Community Hall proudly showing your donation. Size: 230 x 115 x 40mm

### ENGRAVING DETAILS

Please print clearly in block letters. Each box represents a character (letter, number, punctuation mark or space). Max 10 characters per line, three lines per brick. (No hand drawings.)

NAME	LINE 1	LINE 2	LINE 3
PAVER			

Simply fill out this form and return along with full payment by cash, cheque or money order to: Tullera Community Hall, C/- 19 Dromedary Drive, Maitland NSW 2320. Alternatively email: [don@tullera.org.au](mailto:don@tullera.org.au) Or More info 041505031 Kelly Gaudin.

Company/Contact Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_  
 Phone: ( ) \_\_\_\_\_ Our Donation: \_\_\_\_\_

**SIGNATURE**  
 ENGRAVING  
 WE NEED YOUR SUPPORT!

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## Coastal Ambassador Youth Program

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> March Ages 13-16**

*Are you aged between 13 and 16 and looking to make a difference to your local coast? Do you want to learn more about unique local wildlife and act to resolve the issues facing them? You could be a future ambassador for protecting Australia's coastal environments!*


BirdLife Australia, along with local coastal and marine experts, are offering a two-day course for FREE! You will come away with brain exploding info about shorebirds, turtles, marine debris, intertidal fauna and more!

Limited places are available so please RSVP by **8<sup>th</sup> March** to **Renee Mead** on 0422 798 388 or [bnb.events@birdlife.org.au](mailto:bnb.events@birdlife.org.au). Parental permission is required and you can find extra details here: <http://bit.ly/BirdLifeCoastalAmbassador>

**Dates:** Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> March **Time:** 9am - 4pm each day  
**Location:** Marine Environment Museum, Hastings Point





## 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



**\$65 30th Jan to 3 July (School Terms 1 and 2)**  
**\$65 24 July to 18 December (School Terms 3 and 4)**

All Robotic platforms welcome.

For enquiries, please email: [robotics@scu.edu.au](mailto:robotics@scu.edu.au)

[www.scu.edu.au/engineering](http://www.scu.edu.au/engineering)

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.





## GAP YEAR ROLES AVAILABLE:

### ARMY


- Army Officer
- Infantry Soldier
- Driver
- Artillery
- Administration Assistant
- Warehouse Assistant
- Air Defence Operator
- Combat Engineer

### NAVY

- Maritime Warfare Officer
- Maritime Warfare Officer Submarine
- Electronics Engineer Officer
- Electronics Engineer Officer Submarine
- Marine Engineer Officer
- Marine Engineer Officer Submarine
- Maritime Logistics Officer
- Aviation Warfare Officer
- Helicopter Pilot
- Training Systems Officer
- Navy General Entry

### AIR FORCE

- Air Force Cabin Crew
- Airbase Protection and Security
- Airfield Defence Guard
- Administration Assistant
- Warehouse Storeperson
- Aviation Support Technician



## LISMORE DEFENCE CAREERS INFORMATION SESSION

Considering a career with the Navy, Army or Air Force? Come along to an Information Session to learn more about the roles available in the Australian Defence Force. The Navy, Army and Air Force are now recruiting for a wide range of positions such as Electronics Technician in the Navy, Combat Engineer in the Army and Air Combat Officer in the Air Force. In these jobs you will be able to work with some of the country's most advanced and highly technical equipment and hardware. You will also receive many great benefits such as free healthcare and subsidised accommodation.

**Defence Careers Information Session**  
 Time: 5:00pm - 5:00pm (AEDT)  
 Date: Thursday, 28<sup>th</sup> March 2019  
 Location: Lismore Workers Club, 231 Keen St, Lismore NSW  
 RSVP: [cpptgoldcoast@dfcr.com.au](mailto:cpptgoldcoast@dfcr.com.au) or [cpptgoldcoast@dfcr.com.au](mailto:cpptgoldcoast@dfcr.com.au)

Who will benefit from this information session?

- High school students in years 10-12
- Job seekers looking for new opportunities
- Parents, educators and mentors who support and work with these groups



## THE NURTURED HEART APPROACH

FREE 6 DAY COURSE

**TOPICS COVERED:**  
 Building Inner Wealth  
 The 3 Stands  
 Stand 1: ABSOLUTELY NO! / I refuse to respond negatively with my energy, connection or relationship.  
 Stand 2: ABSOLUTELY YES! / I enthusiastically create and accept positive and success.  
 New ways of being positive daily steps to success.  
 The four Recognitions  
 Stand 3: ABSOLUTELY CLEAR! / I set and enforce clear limits and consequences in an unambiguous 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 behaviors."  
 "Nurtured Heart's practices have been a breath of fresh air in putting new practices into action with back up support available each week."  
 "NHA can be a life changing approach if used with diligence and courage - love!"



## Tuning in to Kids

**FREE** Parenting Program

For Parents with children aged between 2 and 12 years

**When:** Starting: Tuesday 19 February 2019 (8 Sessions) Finishing: Tuesday 26 March 2019  
**Where:** At Family Support South Lismore - 83 Wilson Street, South Lismore  
**Time:** 10am to 11.30pm

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/teen's emotions.  
 How to respond appropriately to their children's emotions.

**Facilitator:** Courtney Patterson  
 Registration required - phone 754 on 6621248



## 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 19<sup>th</sup>, 26<sup>th</sup>, March 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>**  
**5 sessions**  
**Venue:** 41 Wilson Street South Lismore  
**10:00am - 2:30pm**  
 Afternoon Tea will be provided

Limited numbers, please contact Family Support Network to be placed on our invite list.  
 66212489  
 50 Wyalah Road E Lismore  
 Facilitator - Grog





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

**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.