RICHMOND RIVER HIGH CAMPUS NEWSLETTER





Deputy Principal's News

Hello RRHC community.

Year 10 students will soon be embarking on their choices for Stage 6 patterns of study. The process will commence with students being provided with a copy of the curriculum book, followed by an information evening to be held later this month where students will have the opportunity to discuss their subject choices with staff. Students will then be interviewed by a panel of staff to ensure they have made appropriate choices. Parents and Carers are encouraged to take an active role in this process as these decisions are vital for success in Years 11 and 12.

We have a number of excursions coming up over the coming weeks and we ask that you please ensure notes and payments are received by the due date. These due dates are set to ensure smooth operation for the school and the running of the excursion. Year 10 have received permission notes regarding the Great Keppel trip; we need to know numbers so please pay the deposit if your child is keen to go.

Students who arrive late or leave early need to provide a note in writing or via email explaining the absence. RRHC would prefer parents/carers to pick up their children if they are leaving early to ensure the safety of our young people. If you wish to contact your young person please do so during break times as mobile phone use in class is an issue. Phones are not to be seen in class and if you wish to get a message to your student or arrange to pick them up early, please contact the front office to get a message to your student, this will minimise disturbance to the learning of all students.

Year 11 Reports have been issued to students today and we ask that parents discuss the report with their students.

Students are encouraged to relax and have a fun, safe long weekend.

"We make a living by what we get. We make a life by what we give." - Winston Churchill

Luke Woodward Deputy Principal

From the Community Liaison Officer (CLO)

Developing High Expectations in your Young Person?

As you expect so will your child expect. When you set the bar high and encourage them to meet those expectations they will achieve better than when you do not give the encouragement. Children will take their lead from their parents. Your belief in your child's abilities is a far stronger motivator than attending school functions and checking homework. Always praise their efforts rather than the outcome. "Wow, you worked so hard on the assignment. I am proud of you."

Teach them to reach high and set targets to strive for and then celebrate the progress that was made in reaching so high. It is the striving that counts. Praise the progress. Praise the effort. Praise the skill. There is always something to praise.

At the same time we need to teach them that falling short is not failure. We want our children to enjoy the experience of learning and to minimise the stress if goals are not met.

Setting a Personal Best is a very valuable tool. It is especially helpful for high achievers. It gives a realistic goal that does not depend on the achievement or efforts of others. What more can anyone ask than for our child to strive for their own personal excellence.

How do we set high expectations?

- Set high expectations for effort. Their effort will be a reward for them.
- Celebrate milestones and small achievements "You did well because you worked hard at it." "You took your time."
- Don't let setbacks get your child down. They can be great learning opportunities, more so than success. It is an opportunity to look and see how things could have been done differently. It is not how many times you are knocked down but how many times you get back up.
- Don't be afraid to adjust your expectations if needed.
- Set high expectations but not high stakes

Using disappointment as a teaching moment

- Accept your child's feelings.
- Don't get angry.
- Walk your child through what happened. Ask them to tell you what they think went wrong and what they could have done differently to be more effective.
- Teach your child about perspective. How significant is this setback in the grand scheme of life?
- This is a chance to build resilience in your child.
- By learning to handle stress and failure now they will be set to handle it in their adult life.

These are all valuable skills for life and as parents and carers, these are skills that we support our children to learn.

Much of this is taken from Adrian Piccoli's book "12 ways your child can get the best out of school".

Anne Bowden

Community Liaison Officer (CLO)

Lost clothing

There is a significant amount of clothing in lost property at the Front Office including winter jackets/jumpers. Students need to check for any items of clothing they may have lost.



Save the Date





The heart of secondary education for Lismore

SCHOOL INTERVIEWS

Combined Stage 6 Parent/Teacher Night

Kadina High Campus
Richmond River High Campus
Lismore High Campus

Parent/Teacher interviews for all Years 11 and 12 will be held at the Lismore High Campus, Dalley St from 3:30pm to 6:30pm on Tuesday 25 June 2019.

The Rivers Secondary College and its three campuses use a web-based interview booking system that allow parents to book teacher interviews online, at times to suit you. Further details and instructions on how to book will be available from Tuesday 11 June.

Year 11 Ancient History - Ancient Aboriginal sites excursion

On Friday 31 May, the Year 11 Ancient History class was lucky enough to be given a presentation by Ashley Moran from the NSW Office of Environment and Heritage. They learned about the locations of a range of different Aboriginal sites in the Bundjalung Nation and the cultural and historical significance of these sites in the context of Aboriginal Australia, which dates from at least 65,000 years ago. His extensive experience working at local archaeological sites, his historical knowledge and personal cultural connection to the land and significant sites provided students with a unique perspective into areas they may have visited or known about for a long time.

The classroom presentation was followed by visits to the ancient sites of Nimbin Rocks and the bora ring at Tucki Tucki. All students who attended came away with a deeper appreciation of the extent of Aboriginal history and culture in their local area, and the knowledge that we are surrounded by a rich human history connected to the oldest continuous culture on the planet.

A very big thank you to Ashley Moran for taking the time to guide us on these visits, Mirryndah Nixon for her help in organising the excursion, and Jim Selwood for his support as HeadTeacher HSIE.

Katie Magriplis
Ancient History Teacher







Year 8 SCU UNI-BOUND

Last week Year 8 participated in the UNI-Bound workshops. The program engages students in learning opportunities and experiences that explore university and build awareness, confidence and motivation about higher education. The workshop included interactive games about choice and decision making, an introduction to university and the opportunity to meet current Year 8 are to be congratulated on their enthusiastic participation. During the Year 9 UNI-Bound program interested students will be able to explore the university campus and facilities. I encourage all students to visit www.richmondriverhighcareers.com and continue exploring the possibilities.

Eden Weir Career Adviser









From the PDHPE Faculty

2019 ATHLETICS CARNIVAL RESULTS

House Champions

1st - Kewell408 points2nd - Freeman405 points3rd - Thomas292 points4th - Gilchrist258 points

Age Champions and Runners Up

Girls	Age	Boys
Natalia Hickling Abby Thuroczy	12	Kobie Baker Riley Battistuzzi
Brooke Powers	13	Cooper Levy Benjamin De-Milford
Gemma Sipple Makayla Murphy Caitlin Bargwanna (MC)	14	Jayden Power Christopher Flowr
Eira Mitchell Carmen Flower	15	John-Joseph Coleman Hamish James
Phoebe Sipple Ayla-Mae McHarvey	16	Jasper Terry Kalkin Coleman
Jazmin Bertuzzi Alinta Ahrens Ruby Sharp (MC)	17+	Luka Goulding Jayden Nelson



MC = Multi-Class Athlete

RRHC Athletics Carnival



From the PDHPE Faculty

Jazmin represents North Coast at State Football

Jazmin spent this week at the Girls CHS Football State Championships representing the North Coast. The event was hosted by the Sydney East Region and contained a number of 'Junior Matildas' (female Australian U17 football team). Jazmin's team had a win and a loss on day one which was enough to see them through to the quarter finals. Unfortunately a number of tight losses followed and North Coast finished in 8th place out of 12. Congratulations Jazmin!



School Sport

It is excellent to see so many students actively participating in school sport lessons. The Year 7 program has been outstanding and will see the boys and girls swap sports as of next week. Following the success of touch and netball, Mr French is applying for similar grants for Term 3 in different sports. Photos are from

a variety of off-site sports.









Natalia represents in Open Rivers Netball

Natalia in Year 7 was part of the Open Girls Rivers Netball Team who played in the Knockout Gala Day this week. Natalia said her team had a comfortable win over Kyogle in the first game however had a one point loss to Maclean to end their run into the next round. Congratulations Natalia.

John Eakin PDHPE Teacher



RRHC Winter Jackets - from Lowes

Lowes have advised that they now have jackets in stock.

STUDY SKILLS TIP FOR JUNE: IMPROVING TYPING AND HANDWRITING SKILLS

So you don't have much homework tonight? Assignments and study notes up to date? Have you ever thought about spending a bit of time each night learning touch typing?

Touch Typing is when you can type without looking at the keys while you type. This means you can type much faster than if you had to look and see where each key is, and it means you can keep looking at whatever it is you are typing instead of the keys. This is an incredibly useful skill to develop – it will help you at school and later in life as well, improving your efficiency and speeding up work on assignments and essays. Once you learn touch typing, you will know where the keys are located on the keyboard through your sense of touch and you will be able to look at the screen or whatever you are typing rather than the keyboard.

On www.studyskillshandbook.com.au there is a section to get you started on your journey of learning touch typing. Click on unit Technology Tools and on the Learning Touch Typing page you will find links to lots of free software to help you develop your touch typing skills as well as some great tips to get you started. There is also a discount voucher to the professional TypeQuick course. Being able to touch type will definitely make life easier for the students in the senior years and beyond. 10 minutes practice a day could end up making a big difference.

But don't neglect your handwriting skills either. As long as you have to submit handwritten work or handwrite for tests and exams it is also important to improve the legibility and speed of your handwriting. Go to www.studyskillshandbook.com.au and visit the Writing Skills unit and click on the Improving Handwriting section. You'll find some excellent strategies for improving your handwriting as well as some special pens that can assist you with this such as the RingPen shown below.



Should students type or handwrite their study notes?

Short answer, they are better off doing whatever the exam or test will be. So if the exam is handwritten, it is better to handwrite notes. This creates muscle memory, it sets up a pattern in the brain of what they will be doing in the exam. If they do not have exams, then it does not really matter, they can choose to either type or handwrite their notes.

For students who do have written exams, they are better off getting used to writing as much as possible, especially as students do less and less pen to paper and more and more on the keyboard. It is also argued that by writing the information, you set up pathways of familiarity and recognition in your brain that will kick in when you are in an examination situation.

On the other hand, some subjects have so much content that to try and wade through it with handwritten study notes would take forever. A good compromise for students who would prefer to type is to start making initial notes on the computer as this allows you to cut and paste, group information and rearrange it with ease. Once you have a core set of notes completed, you may like to further summarise some sections on paper using a more graphical or visual form of note-taking such as mind-mapping. And when you are learning the notes, read a section, then see what you can write without looking, this way you will be testing if the information is in long-term memory and practicing your handwriting at the same time!

Given that students now have to be masters of both the pen and the keyboard it is important to develop both legible handwriting and touch typing skills. When exams all go to typing at some stage, which they will inevitably do, everything will change.

Variety The Children's Charity Scholarships

Variety The Children's Charity are advertising \$5000 scholarships for students aged 6 to 18 years old. These scholarships are for students with a specific talent in, arts, sporting and education. Applicants can apply under one of the following funding categories (A or B) Funding Option A = Financial Hardship (max. household income after tax no greater than \$5500 per month); OR Funding Option B = Disability or Chronic Illness (child must have must have a diagnosis and max. household income after tax no greater than \$7500 per month).

Examples of appropriate Scholarship requests:

The Applicant can select one or more to form part of their scholarship request. This will form the basis of the Scholarship grant and cannot be amended after the approval date. Training , Entry/ Competition, Lessons, Supplies/Resources, Registration Costs, Courses, Equipment, Uniforms , Airfares (for the child only, to and from appropriate events related to the Scholarship e.g. competition), Accommodation (e.g. basic/standard hotel room for the child and Parent/Carer to attend competition) Applications close 31st July 2019. Please use go to the following website for all information-https://www.variety.org.au/nsw/variety-heart-scholarships/

SCU Engineering Day - Opportunity

We learned about engineering opportunities and the skills required in engineering from Monica Sirol of NSW Transport. Ben Garnock talked to us about his humanitarian engineering work with Engineers Without Borders. We then got to collaborate with others in an egg challenge, to protect an egg dropped from a height. We won the challenge! A pizza lunch was enjoyed and then we got wet in the hydraulic lab. A

magnificent day with awesome students.









EXAM READERS AND WRITERS

We are looking for people who can act as a reader and writer for exams in 2019, on a voluntary basis. You must have a current working with children check number. To obtain this number visit https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check.

Readers and writers require the following skills -

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

If interested please contact the Learning & Support Teachers ph. 6621 3456

Dance rehearsals at HOTA

Here is a sneak peak of The Rivers Aboriginal Performing Arts Ensemble and Richmond River High Dance Ensemble rehearsals at HOTA, Home of the Arts, Gold Coast on Tuesday night for the Annual Far North Coast Dance Festival.

Miss Dessmann Dance Teacher







2019 RRHC Jindabyne Snow Trip

2019 RRHC Jindabyne Snow Trip Payment Plan

Date	Amount Due
31 May – Week 5	\$100
14 June – Week 7	\$100
28 June – Week 9	\$110

Next payment is due on 14 June Final payment due by Week 9 - 28 June.

ASSESSMENT CALENDAR

Weeks 7 and 8

Year 7

Science Practical Task 'Separating mixtures' - 11-14.6.19 (Wk 7)

Year 8

Year 9

Year 10

PDHPE 'Ongoing Assessment' due by 21.6.19 (Wk 8)

Year 11

Business Studies 11.1 'In-class Half Yearly Topic Test' - 11.6.19 (Wk 7)

Ceramics Task 2 'Glazing & Case Study' -12.6.19 (Wk 7)

Business Studies 11.2 'In-class Half Yearly Topic Test' - 13.6.19 (Wk 7)

Business Studies Task 3 'Finance' -

17.6.19 (Wk 8)

PDHPE Task 3 'Designing and analysis of athlete's training program' - 21.6.19 (Wk 8)



We're excited to say that Woolworths Earn & Learn has launched this week and thousands of Schools and Early Learning Centres have started collecting

Anyone can help you earn equipment

Starting Wednesday 1 May, anyone can collect stickers to support your school when they shop at Woolworths, whether they're staff, parents or friends.

Stick together and collect more

With every \$10 spent" at Woolworths, one sticker is collected. These can be placed onto the Earn & Learn sticker sheets and dropped into the collection box at The Rivers Secondary College or your local Woolworths.

To help boost your sticker collection, look out for the range of participating products in store which will earn you double stickers











Breakfast Club is back Tuesday-Friday 8.30-8.50am **Chill Out Room** All welcome No charge

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



Student Online Portal

All students can now access information such 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/ <u>login</u>



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 www.stymie.com.au and www.facebook.com/stymieau



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

- From your mobile device go to the App Store search for School Stream
- 2. Tap the FREE/GET button to the night of the

- 6. Tap the OPEN button
- You will be prompted to accept push notifications, you will need to select (
- Start typing TRSC Richmond River High





Android / Tablet

- 1 From your mobile device go to the Play Store search for School Stream
- 2. Tap the School Stream listing
- 3. Tap the INSTALL button
- 4. Tap the ACCEPT button
- 5. Wait for the app to install then tap the OPEN
- 6. Start typing TRSC Richmond River High School Campus into the search then SELECT TRSC - Richmond River High School Campus
- 7. Tap the DONE button in the top left



links below.



Windows Phone/Other Devices

Other useful information

Are your children attending different schools?

Choose which notifications you receive:

- 1. Open the School Stream app on your mobile device
- 2. From the slide-in menu, go to Settings
- 3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
- 4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
- When you have finished, use the Back button to return to the Settings page, then select Done to return to your School
- 6. Return at any time to change the notifications you receive



CALENDAR

Term 2- Week 7A

10 June

Queen's Birthday Public Holiday

11 June

12 June

'South's Care' presentation

13 June

NAIDOC Dance Rehearsals

Field of Dreams

14 June

TAFE - Taste of TAFE course Premier's Sporting Challenge

Term 2- Week 8B

17 June

18 June

Year 10 into Year 11 Information Night 5.30-6.30pm

19 June 20 June

NAIDOC Dance Rehearsals Music Performance Night Life Without Me performance Sydney Uni WPO Program

21 June

TAFE - Taste of TAFE course

QUOTE OF THE WEEK

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely ." (Roald Dahl)





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Canteen: 6621 4890

We would like to respectfully acknowledge the Elders past and present of the Wijabul 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 7, Term 2

Monday 10 June
Queen's Birthday Long Weekend

Tuesday 11 June

Irish beef or Vegetable stew with mash potatoes - Small \$5, Large \$7



Thursday 13 June

Lemon chicken or Lemon tofu and fried rice - Small \$5, Large \$7

Friday 14 June

Chicken or Bean enchilada with mixed salad - 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.

School Uniform

Please be aware students are encouraged to wear Richmond River branded shirts, jumpers and pants/ skirts.

In 2018 the P&C introduced black jumpers as part of the RRHC uniform and acknowledged their support of students wearing the appropriate coloured shirts (grey, white or red), jumpers (grey, black or red) and pants (black) without Richmond River branding.

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

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 staff member allocated to uniform during Roll Call each day.
- Students who are out of uniform without a note or those identified by staff to be out of uniform will be directed to the staff member allocated to uniform during Roll Call each day.
- Students who are out of uniform will be issued with an 'out of uniform' pass and have their names recorded on the 'out of uniform register'. A record as to whether students provided a note will be kept.
- On the 3rd instance of being out of uniform a student will be directed to the Deputy Principals for an interview. This interview will include a Sentral entry being created and a uniform letter will be generated to be sent to parents/ carers. Contact with parents directly may be made.
- Students wearing inappropriate/ outrageous clothing in the opinion of staff, e.g. offensive language/ messages, unsuitable colour and/ or unsuitable coverage will be asked to report directly to the Deputy Principals or Principal.
- Students who are argumentative are to be sent directly to Deputy Principals
- If a student continues to attend school out of uniform after the first Deputy Principal interview and the first letter has been sent home they will receive a 4th and 5th warning then be sent to the Deputy Principals again for a second interview, second letter and an Official Caution to be issued.
- If a student continues to attend school out of uniform after the second Deputy Principal interview, the second letter and Official Caution has been sent home they will be interviewed by the Principal.
- Students out of uniform who arrive late are to collect an 'out of uniform' slip from the Deputy Principal's office on arrival.

School uniforms as shown below will be supplied by Lowes located in the Lismore Square, Lismore.

GIRLS	BOYS
Junior School Uniform	Junior School Uniform
 White, red or grey Richmond River logo polo shirt Black skirt, plain black mid-thigh length shorts, black long pants or black jeans (Tights are not acceptable) NB: Denim clothing is NOT acceptable 	 White, red or grey Richmond River logo polo shirt Black shorts of an appropriate length, long black pants or black jeans NB: Denim clothing is NOT acceptable
Senior School Uniform	Senior School Uniform
 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, black long pants or black jeans (Tights are not acceptable) NB: Denim clothing is NOT acceptable 	 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, black long pants or black jeans NB: Denim clothing is NOT acceptable
Sport Uniform Junior	Sport Uniform Junior
 Red polo shirt Plain black mid-thigh length shorts or black sport shorts (Tights are not acceptable) Special note: Students are encouraged to change for PE lessons and change back to regular school uniform for remaining lessons 	 Red polo shirt Plain black shorts of an appropriate length or black sport shorts Special note: Students are encouraged to change for PE lessons and change back to regular school uniform for remaining lessons
Winter Uniform Junior and Senior	Winter Uniform Junior and Senior
 White or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Plain black long pants/ track pants or black jeans Black skirt, plain mid-thigh length black shorts (Tights are not acceptable) Red Richmond River jumper Red or black Richmond River jacket Plain black, grey or red jumper or cardigan Years 11/12 designed school jumper or jacket NB: Denim clothing is NOT acceptable 	 White or grey Richmond River logo polo shirt White buttoned senior shirt (and tie on formal occasions) Plain black long pants/ track pants or black jeans Plain black shorts of an appropriate length Red Richmond River jumper Red or black Richmond River jacket Plain black, grey or red jumper or jacket Years 11/12 designed school jumper or jacket NB: Denim clothing is NOT acceptable

Please note:

Tights, black T-shirts, denim jeans, 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.

Important Note re footwear:

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.