Deputy Principal’s News

Hello RRHC Community

This term students participated in a wide variety of activities including sporting and extra-curricular activities such as Cross Country and Athletics Carnivals, field trips for specific classes, NAIDOC as well as many more activities. RRHC provides many opportunities for our students to achieve success academically, culturally and in personal passions. It is important to acknowledge the hard working teachers and support staff who make these events possible and go above and beyond for the students.

We encourage our Year 12 students to have a break over the holidays but also make time to review work to date and make a plan for how to make the most of their final term of schooling. Embrace the support that is available and take advantage of offers of assistance from teachers as we want our students to achieve the best outcomes possible.

We appreciate the way Year 10 approached the subject selections and the interviews in a such a mature way. This is their HSC and their future. We will inform students and parent/carers of the subject lines when they are finalised and we will discuss subjects with students at this point.

A very big thank you to Belinda Marr and Stacy Clark as the senior leaders of the school this term. They have been excellent Deputy Principals. Thank you to Dean French relieving Head Teacher PDHPE and to all the Head Teachers, Teachers and Support Staff who always support our students.

We would like to wish all our staff and students a happy and safe holiday and we look forward to seeing everyone back refreshed and ready for Term 3. Students return on Tuesday 23 July, Week A of the school calendar.

To end the term with an inspirational quote from Dr Seuss - “Oh the things you can find if you don’t stay behind!”. 

Luke Woodward
Deputy Principal
From the Community Liaison Officer (CLO)

NAIDOC Week Assembly

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians. It has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC Week.

For myself, over the last 20 years of observing the celebrations I can only be amazed at how far the celebrations have progressed. Today's Celebration was truly a celebration of Aboriginal culture. The hall was silent as students listened attentively to speakers and watched dancers. The willingness of students to participate in the impromptu dance lesson was amazing to see. The rap singers were very good and had the students engaged and responding to the music.

I know I have so much to learn about Aboriginal culture. I can learn about how it is possible to last as long as it has by working with the country. This protects the land and continues to have enduring benefits for the future generations. There is no exploitation of resources. There is sufficient for everyone.

The theme for NAIDOC 2019 is Makarrata. It specifically sequenced a set of reforms: first, a First Nations Voice to Parliament enshrined in the Constitution and second, a Makarrata Commission to supervise treaty processes and truth-telling. Makarrata is a word from the language of the Yolngu people in Arnhem Land which means coming together.

These are interesting and exciting days.

Enjoy the holidays with your young people.

Anne Bowden
Community Liaison Officer (CLO)

Year 7 High Achiever’s Class

On Tuesday we were fortunate to have Tamlin Heathwood from Dorroughby Environmental Education Centre come to RRHC and run a number of workshops with 7.1 students. Students took part in an energy and water audit and water demonstration to learn about waste. They also participated in a waste activity in order to reduce our environmental footprint at RRHC, this will lead to an Environmental Management Plan for the school.

Students identified that many issues around climate change seemed overwhelming but by the end of the day were convinced that it was not all gloom and doom and that we can make a difference.

Pauline Macleod
Science Teacher
NAIDOC Week Celebrations

“Voice Treaty Truth”, the theme for this year’s NAIDOC, was reflected in all our celebrations. At our whole school celebration we had ex-RRHC student Josh Creighton of Gnibi College at SCU give the keynote address around the theme of Voice. Vivian Anderson, a traditional Aboriginal dancer, performed a number of dances and engaged the audience through student participation. Lismore Heights Public School “Deadly Dancers” also performed as did The Rivers Aboriginal Performing Arts Dance Ensemble. Blake Rhodes and Mitch King performed Hip Hop to an appreciative audience. Thanks to our Ed Unit students and staff for providing a sausage sizzle for lunch, to complete our celebration.

During the week staff attended a staff training workshop from the Smarter Stronger Institute, led by Dyonne Anderson and John Davis.

The RRHC Oztag team participated in the NAIDOC Cup at Kadina High Campus. Congratulations to Natalia - “Best and Fairest” on the day.

The Rivers Performing Arts Ensemble performed at a number of schools and at the Lismore City Council Community NAIDOC Day at the Showground.

Thank you to all the staff, students and community members for enabling these opportunities for the whole RRHC Community.

Mirryndah Nixon
Aboriginal Education Officer

Zone Athletics Carnival - change of date

The new date for the Zone Athletics Carnival is Monday 29 July at Riverview Park.
NAIDOC Week Celebrations

NAIDOC Week – Voice Treaty Truth
Last week as part of our NAIDOC celebrations all RRHC students have participated in activities around this year’s theme “Voice, Treaty, Truth”. All students have been engaged in mini lessons reflecting the theme and everyone painted a leaf to form our “NAIDOC Tree”, now on display in the library.

Paula Moverley
HT Administration

Year 7 – History
This week to wrap up our study of Ancient China 7.3 HSIE sculpted their very own Terracotta Army! Although much smaller (and more colourful) than the real thing, the students did a fantastic job with their play dough, toothpicks and small amount of time.

Katie Magriplis
HSIE Teacher
STUDY SKILLS TIP FOR JULY: TOP TIPS FOR OVERCOMMITTED STUDENTS

Maybe you are an elite athlete? Or a dedicated performer? Or someone who has many talents across lots of different areas and doesn’t want to give up any of your activities? No matter the reason, the bottom line is you are time poor. You struggle to fit in everything you need to do for school, because of all of the other commitments in your life. The bad news is there is no magic solution that will easily fix this issue for you. You cannot create more time. The good news is that there are things you can do to make more efficient use of the time you have.

These tips are an abbreviated version of the handout available on www.studyskillshandbook.com.au – just visit the Things To Print page to see the full version.

1. Don’t waste time in any of your classes at school. Make the most of every moment so you have less to do at home and set up a buddy system in case you miss any lessons.
2. Prune your activities and see if there is anything you can cut to reduce the pressure.
3. Make a timetable so you can schedule in everything that you need to do and want to do.
4. Use all little pockets of time. If you are waiting before training then use that time to complete some homework.
5. Always prioritise before you start work to ensure that the most important and urgent work is completed first.
6. If you are too tired when you get home from training it may be better to get to bed early and get up a bit earlier in the morning when you are fresh and do your work then.
7. You may need to sacrifice an occasional lunchtime when you know you will be too busy that night.
8. Let go of perfectionism it may not be possible to do everything as fully as you would like. Take smart shortcuts when you can.
9. Use any big blocks of time to tackle the time-consuming tasks that you haven’t had time for.
10. Some work like study notes, assessments or major works may be able to be left to the holidays.

Remember to be kind to yourself. It is difficult to have enough time to excel in every aspect of your life! All you can do is make good choices with the time you have and make the most of that time and still try and get the best results you can given the time constraints you are working under.

Our school’s subscription details are -
Username: RRHC
Password: 88success

Year 8 Personal Interest Projects - Persistence

To complete a project you need persistence, last week students were challenged to put together a puzzle made from an Escher drawing. Projects are due in Week 3, Term 3.

Louise Seccombe
Teacher-Librarian
**Aurora College**

This week our Aurora students had a visit from Ms Carolyn McMurtrie, Community Liaison Officer at Aurora College, a selective high school. Students of Aurora undertake English, Science and Mathematics in a virtual environment. This visit was to ‘touch base’, meet our students, and address any concerns or issues the students may have. Thank you Carolyn.

_Louise Seccombe_
_Teacher-Librarian_

**GOMA Excursion**

On Monday Visual Arts elective students from across The Rivers College attended the Ben Quilty and Margaret Olley Exhibitions at GOMA (the Queensland Gallery of Modern Art). RRHC Year 10 students were impressed with both the exhibitions and amazed at the ‘first hand’ experience of seeing artworks face to face. The richness of colour in the Olley exhibition was phenomenal but it was the sheer scale and thickness of the paint application (like super gloopy thick in the Quilty works) that left the biggest impact. A great day was had by all, a big thank you to Ms Myles from The Rivers Secondary College Lismore High Campus for organising the day.

_Louise Savins_
_Head Teacher CAPA_

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**ASSESSMENT CALENDAR**

_Term 3 Week 1 and Week 2_

- Year 7
- Year 8
- Year 9
- Year 10
- Year 11
- Year 12

Software Design & Development Task 3 ‘Major Project’ - **26.7.19 (Wk 1 Term 3)**

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**EXAM READERS AND WRITERS**


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

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**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
CALENDAR
Term 3 - Week 1A
22 July
Staff Development Day - no students
23 July
24 July
25 July
Safe Online Behaviour Talks by Police
Youth Worker
Senior Awards Assembly
26 July
Years 7-10 Reports distributed

Term 3 - Week 2B
Year 11 Snow Excursion week
29 July
Zone Athletics Carnival - new date
30 July
Future Options Expo
31 July
SES Cadetship program Presentation
1 August
Senior Awards Assembly
26 July
Years 7-10 Reports distributed

QUOTE OF THE WEEK
“You are as amazing as you let yourself be. Let me repeat that. You are as amazing as you let yourself be.”
(Elizabeth Alraune)

Canteen Specials Week 1, Term 3
Monday 22 July
Staff Development Day - no students

Tuesday 23 July
Butter chicken or vegetables with rice
- Small $5, Large $7

Thursday 25 July
Spicy orange beef with stir fry vegetables
- Small $5, Large $7

Friday 26 July
Pulled pork or Bean tacos with fresh salsa
- Small $5, Large $7

FROM THE CANTEEN
Volunteers
We are always 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.
Southern Cross University ‘Music Careers Symposium’

Southern Cross University is holding a ‘Music Careers Symposium’ for young people considering an employment in the music industry. The event will be held 16 August, 9am-3pm at Southern Cross University, Lismore Campus, D Block. There is no charge although booklets are essential. To book go to eventbrite.com.au/e/63545607623 or for more information please contact Mandy Nolan on 0422701680 or email mandy@mandynolan.com.au

July

in the Lismore Area Libraries

Lismore Area Libraries are hosting three great authors in August!

Kate Forsyth
Kate Forsyth wrote her first novel aged seven and has now sold more than a million books. Her latest book The Blue Rose is an evocative tale of endurance, love and triumph.
Thursday, 1 August
6.30pm at Goonellabah Library

School Holidays in the Lismore Area Libraries

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<thead>
<tr>
<th>Monday 8 July</th>
<th>Lismore Library</th>
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<tbody>
<tr>
<td>Scratch Coding Club</td>
<td>3.45pm—4.45pm</td>
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<th>Tuesday 9 July</th>
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<tr>
<td>Scratch Coding Club</td>
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<th>Wednesday 10 July</th>
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<tr>
<td>Woven Bookmarks</td>
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<th>Thursday 11 July</th>
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<tr>
<td>30 Printing Pen Craft</td>
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<td>Sand Art</td>
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<th>Monday 15 July</th>
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<td>Scratch Coding Club</td>
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<th>Tuesday 17 July</th>
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<tr>
<td>Weaving Baskets</td>
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<th>Lismore Library</th>
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<tr>
<td>Knitting</td>
<td>11.00am</td>
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<tr>
<td>T-Shirt Making</td>
<td>2.30pm</td>
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<tr>
<td>Needlework Library (Level 2)</td>
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<th>Friday 19 July</th>
<th>Lismore Library</th>
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<tr>
<td>Scratch Board Designs</td>
<td>3.00pm</td>
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<tr>
<th>Goonellabah Library</th>
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<tr>
<td>Scratch</td>
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Lismore Sports Camp

CPSA will be holding a multi-sport session in Lismore on 28th June for kids to have fun, make friends, develop skills and get fit.

WHAT DOES THIS PROGRAM INVOLVE?
- Learn basic skills in a variety of modified games and individual challenges
- Activities will include football, tag, volleyball, netball and circuit training
- The pool session will include swimming, water polo, fun relay races and hydro fitness.
- Make some new friends and have some fun
- Put new skills into action

WHO IS THIS PROGRAM FORT?
- 5—25 yrs
- Suitable for children of all diagnoses who are comfortable in group lessons and can follow instructions (good receptive language)
- Are able to get in and out of the pool independently

WHEN DOES THIS PROGRAM RUN?
Date: Saturday 28th June 2020
Time: 9:00am—5:00pm
Location: Goonellabah Sports & Aquatic Centre
30 Cullen Ave, Goonellabah, NSW
Rsvp: RSVP for 28 June to Emily Phillips
info@cpsa.com.au
Nobs: Use your NDIS funding (Social Community & Participation to purchase this service at or below cost)
Cost: $75 per participant

Growmind Body Mind Best

Cerebral Palsy Alliance

Lowes
Up to 25% off selected school shoes

SALES ENDS JULY 31ST 2019.
*Prices apply. Savings off original price. While stocks last. Cannot be used with any other offer.