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2019 | ISSUE 24 | TERM 3 | WEEK 3

Principal's Message

What a great turnout last night for the Junior Parent/Teacher Evening! Thankyou to all those parents who are engaged and aware of their student's learning and took the time to come and chat with us about their progress, behaviour, social behaviour and learning in general.

Next week you will receive accounts for school fees unless they are currently paid in full. I know there is a great myth out there that school fees are not mandatory but are voluntary. That statement is true for only one small part of the school fees, the part called 'Voluntary Contribution'. Subject fees are not voluntary because we don't receive money for materials, ingredients etc, we rely on subject fees to cover those costs. It is very uncomfortable for both teachers and students when we are forced to exclude a young person from a practical lesson because their fees are not paid and we simply can't provide ingredients for them. If you are prioritising your fee payment please pay the subject fees first.

Another unfortunate but necessary guideline we must follow is the selection of specialist subjects in Year 11 and Year 9. If a young person's subject fees have not been paid in Year 7 and 8, or Year 9 and Year 10, we cannot in good conscience allow them to pick the same subject again. The reason for this is that we simply cannot fund the consumable resources required for those subjects, student subject fees must cover those consumable items.

After such a wonderful snow experience for Year 11 last week it grieves me to announce that The Great Keppel excursion has been cancelled for 2019. I'm unsure about why the Year 10 cohort have not been interested or have been unable to organise themselves for this excursion. Many parents who have rung in this morning appear to be unaware that the deadline was looming, that the excursion was scheduled or that their young person had paid a deposit despite numerous notes sent out and the information being available on our Social Media sites. This makes running a 'big' excursion very difficult.

Have a great week

Mary-Jane Pell
Principal

Semester One Junior Academic Awards Assembly

On Wednesday we held our Junior Academic Awards Assembly, led by student leaders Felicity Schulzeck and Marley Highfield. An inspiring keynote address was given by RRHC School Captain Tahi White. Tahi spoke about how writing music had enabled him to overcome some of the difficult periods in his life. He emphasised the need to find a creative or sporting outlet, not to be afraid to express yourself and to have belief in yourself. Thank you to the music and dance students for their engaging performances. Thank you also to the parents and carers who came to the Assembly to share in their student's success. Congratulations to all students who received awards and in particular, our Major Award recipients.



From the PDHPE Faculty

On Monday 29 July Richmond River High sent a strong team to the Zone Athletic Meet held at Riverview Park. The athletes were met with fine conditions once the fog lifted and a number of strong performances followed. Caitlin, Hunter, and Jessica were all named Age Champions in their respective classes and Natalia finished second overall in her division.

John Eakin

PDHPE Teacher



Congratulations Niamh!

Aurora College and RRHC Year 9 student Niamh has won 1st prize in the 2019 Byron Writers Festival Year 7-9 Short Story Competition. Some of the judges comments on her story "CRAYONS" included - "A surprise of a short story, both in terms of its subject matter and its ability to manipulate the reader. This complex and subtle story, written from the perspective of a child in a violent home, has a clever twist in the tail. Steven King and Dean Koontz would be proud."

Well done Niamh!



Byron Writers Festival - Slam Poetry

As part of the Byron Writers Festival, Richmond River was proud to host Australian Slam Poetry Champions Jesse Oliver and Emily Crocker for a performance and workshop in the River Theatre on Monday and Tuesday this week. The Slam poets explained the rules of SLAM poetry and performed their work. They also worked with students to create and refine their own poetry in a small group setting. Congratulations to all students who were involved, especially to those who shared their slam poems.

Jesse Flanagan
Head Teacher English



Lets all get 'Science Struck'

Next week is National Science Week, with this year's theme being... "Destination Moon: more missions, more science". The Science faculty will be running a number of related activities and are having several live, interactive video conferences as well as a guest presenter. On Tuesday we have guest presenter Dr Adam Martin, as part of the Nyholm lecture series presenting to students "How Metal is Keeping You Alive". On Wednesday at 11.00am, students are invited to attend a video conference by Dr Karl Kruszelnicki:

"Join us as we bring TV presenter, radio reporter, Nobel Prize winner and science communicator, Dr Karl, directly into your classrooms around Australia. He will be with RRHC to answer students' burning questions about anything even slightly science related (and probably leave them asking many more) at the latest 'In Class With...' event." Interested students MUST add their name to the student list outside the Science staffroom.

On Wednesday 2.30pm we have a live video conference with Dr Joseph Bevitt, senior instrument scientist on the Dingo radiograph/tomography/imaging station, and scientific coordinator for the Australian Centre for Neutron Scattering. There are only approximately 30 spaces left for this event and students must sign up to attend. The list is outside the Science staffroom.

The faculty has once again signed up for Scinema, the largest science film festival in the southern hemisphere, showcasing the best science feature, short, documentary, animated and experimental films from filmmakers around the world.

Pauline Macleod
Science Teacher



Year 8 Elective Information Night - Thursday 15 August

Year 8 students will soon choose their electives for Years 9 and 10. RRHC is holding an Information Night for parents and students to discuss options for future subject choices with the staff.

Please join us in the RRHC River Theatre from 5.30pm to 6.30pm. Coffee and tea will be available.

Jim Selwood

Relieving Deputy Principal

ASSESSMENT CALENDAR

Term 3 Week 4 and Week 5

Year 7

Geography 'Landscapes & Landforms' -

16.8.19 (Wk 4)

Science 'Ecology Research Task' - **19.8.19 (Wk 5)**

Year 8

Year 9

Maths 5.2 'Data Assignment' - **12.8.19 (Wk 4)**

Year 10

Year 11

Year 12



THE RIVERS
SECONDARY COLLEGE



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

The Rivers Secondary College
Presents
CAPA HSC 2019 -
Music-Art-Drama-Dance

Rivers MADDness

WEDNESDAY 28TH AUGUST 2019

Lismore City Hall
Art exhibition:
5:30pm - 6:30pm
Performances:
6:30pm - 8:00pm



THE RIVERS
SECONDARY COLLEGE
The heart of secondary education for Lismore

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.

Attention all budding share traders!

Registrations are now open for the 2019 ASX Schools Sharemarket Game 2. Our students performed brilliantly in the first sharemarket game, with Richmond River High Campus being near the top of the national leader board throughout the entire game and comprising around 10% of the NSW leader board.



All students and staff should contact Mr Stevenson and register for the Schools Sharemarket by 15 August. The Game will run for 10 weeks between 15 August and 23 October 2019 and training in share trading will be provided.

Dale Stevenson

HSIE Teacher

STUDY SKILLS TIP FOR AUGUST: THE IMPORTANCE OF QUALITY SLEEP FOR STUDENTS



Sleep is crucial not just for physical and mental well-being, but for the consolidation of learning, and to ensure you perform in all your endeavours in peak condition. The absolute last resort should be to sacrifice sleep time in order to get things done.

How much sleep is right for you? This is tricky as everyone is different. Some lucky people need only 6 hours a night, most people need about 8 hours and some people need 10 hours!

Two ways to tell if you are getting enough sleep:

How quickly do you fall asleep at night? If you fall asleep instantly that can be a sign you are not getting enough sleep, it should take 10-15 minutes to fall asleep.

How do you feel when you wake up in the morning? If you feel tired and sluggish then that can also be a sign that you need to get to bed earlier.

IMPROVING THE QUALITY OF YOUR SLEEP:

- Avoid caffeine (cola drinks, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Try and have a half hour to an hour before you go to bed without computers, TV, phone or any electronic devices or homework or chatting to friends. If you can't do that, at least put the devices on night mode or turn the brightness down.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain. Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.
- A healthy breakfast will help to kick-start your body clock for the day.

Learn more about lifestyle habits of successful students at www.studyskillshandbook.com.au.

Our school's subscription details are -

Username: RRHC

Password: 88success



The Department of Education is offering a sports day for students with disabilities. Students will be given the opportunity to participate in a range of individual and team sports. Information will be available on the day for students wanting to continue in their new sport. On the day, school staff will receive professional development on activities that could be utilised at school.

When:

Monday, 16th September, 2019

Venue: Lake Ainsworth Sport and Recreation Centre
Pacific Parade, Lennox Head

Time: 9:30am registration

Sports finish at 1:30pm

Cost: \$6 per student

Closing date: Friday, 30th August, 2019.



Please note – places are limited. Complete the attached entry form and return to Belinda O'Connell, School Sport Unit by email at Belinda.OConnell3@det.nsw.edu.au

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

Your Invitation

Explore the POSSIBILITIES Expo

An expo for people living with a disability to explore activities and support available in their community

Thursday 15th August 2019
10am - 1pm
Ballina Jockey Club

Workshops

Learn something new!

Get Informed

NDIA
Support Coordinators
Centrelink
Micro Business Space

Market Place

Meet people who can support you

For more information visit
www.karinaandco.com.au



Parent and Community Engagement for Student Learning

Parents, carers and other family members have a significant influence on a student's success at school. The more parents and carers engage in learning, the greater the chance that their children are engaged, motivated and confident learners.

This late-afternoon session is designed to be attended by parents/carers and community members. Professor Adrian Piccoli, the Director of the Gonski Institute for Education will be leading this session and will talk on the topic:

Too much parental involvement with schools or not enough? How the pressures of the 21st century are changing the roles of parents.

This session will be followed by a Q & A with Professor Piccoli.

When: Wednesday 18 September 2019
5:30pm - 7:00pm

Where: Richmond River High Campus
Lake Street North Lismore 2480

Cost: Free.
Refreshments provided

Our School Password is:

The news for your Careers sent to you!

Visit: www.jobjump.com.au



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

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

Are you doing
the right thing?
For you?
For others?



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

1. From your mobile device go to the App Store search for School Stream
2. Tap the FREE/GET button to the right of the School Stream listing
3. Tap the INSTALL button
4. Enter your Apple ID and password & tap OK
5. Wait for the install icon to change to OPEN
6. Tap the OPEN button
7. You will be prompted to accept push notifications, you will need to select OK
8. Start typing TRSC - Richmond River High School Campus into the search then SELECT TRSC - Richmond River High School Campus



If you are viewing this page on your mobile device, visit the store link below.



Windows Phone/Other Devices

Contact your school for your web link, and follow these instructions:

To pin a website on your Windows Phone:

- Open the website you want to pin
- Tap More icon, then tap Pin to Start

You will be able to access all of your school's information, however you won't be able to receive notifications.

Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.



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 button
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



If you are viewing this page on your mobile device, visit the store links below.



Other useful information

Troubleshooting tips

Follow this link:

Are your children attending different schools?

Don't worry, School Stream caters for multiple schools from within the app itself. Jump between your children's schools by touching the school logo/name, or switch schools from the slide-in menu.

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.)
5. 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 3 Week 4B

Trial HSC Examination Week

12 August

13 August

14 August

15 August

Meet & Greet Year 6 Visits

Quad Bike course

Year 8 into Year 9 Elective Information

Night 5.30pm-6.30pm

16 August

Broncos Workshop

Rivers Sporting Challenge

Term 3 Week 5A

Trial HSC Examination Week

19 August

AECG Language Camp

20 August

AECG Language Camp

21 August

Year 9 Unibound

22 August

Quad Bike course

23 August

Meet & Greet Year 6 Visits

HSC Legal Studies Day

Unibound Year 9 on campus

College Student Leaders Meeting

Rivers Sporting Challenge

QUOTE OF THE WEEK

"One small positive thought in the morning can change the entire outcome of your day!"



RICHMOND RIVER HIGH CAMPUS

Lake Street, North Lismore NSW 2480

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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 12 August

Chilli and lime sticky chicken legs with vegetable chips

- Small \$5, Large \$7

Tuesday 13 August

Sausage and mash with steamed

vegetables - Small \$5, Large \$7



Thursday 15 August

Chicken or bean nachos

- Small \$5, Large \$7

Friday 16 August

Penne Bolognese or rich tomato sauce

- 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.





Year 12 Trial Examination Timetable Term 3 2019 Weeks 4-5

Week 4	Session 1: 8.50am-12.00am	Session 2: 12.50pm-3.00pm
Mon Day1 12 Aug	English Advanced Paper1 -1 hour 30 min English Standard Paper1-1 hour 30 min	
Tue Day2 13 Aug	English Advanced Paper2-2 hours English Standard Paper2-2 hours	
Wed Day3 14 Aug	English Extension 1-3 hours Hospitality-2 hours Hospitality KHC shared students-3 hours Mathematics Extension 1-2hours 30min Metals & Engineering-2 hours Photography-1 hour 30 min	Entertainment-2 hours Primary Industries-2 hours
Thu Day4 15 Aug	Agriculture-3 hours Ancient History-3 hours Community and Family Studies-3 hours Construction-2 hours Physics-3 hours	Music-1 hour 30 min
Fri Day5 16 Aug	Chemistry-3 hours Software Design & Development-3hours Computing Applications-1 hour Drama-1 hour 30 min Investigating Science-3 hours Visual Arts-1 hour 30 min	
Week 5	Session 1: 8.50am-12.00am	Session 2: 12.50pm-3.00pm
Mon Day6 19 Aug	Mathematics Standard 1-1 hour Mathematics Standard 2-2 hours 30 min Mathematics Advanced-3 hours	
Tue Day7 20 Aug	Earth & Environmental Science-3 hours Food Technology-3 hours Industrial Technology-2 hours Legal Studies-3 hours Mathematics Extension 2-3 hours	Music1 Practical
Wed Day8 21 Aug	Music1 Practical	Music1 Practical
Thu Day9 22 Aug	Biology-3 hours SLR-1 hour 30 min Society & Culture-3 hours	
Fri Day10 23 Aug	PDHPE-3 hours Extension History-2 hours Drama Practical	Drama Practical
Mon Day11 26 Aug	Business Studies-3 hours	

Note- All exams in MPU except:

- ☐ Music1 in Room 19; Music1 Prac and Drama Prac in MPU
 - ☐ Special Provisions:
 - o Readers/Writers in Library
 - o Small Group Supervision in the Staff Common
- Room/Boardroom TAFE as normal on Wednesdays



Family Support Network are offering a NEW FREE Parenting Program **THE BLACK BOX PARENTING PROGRAM**

The Black Box Parenting Program is an innovative program developed specifically for the challenges after disruption in family life, such as: loss, family breakdown or family violence. The program is a great, non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting.

5 x 2.5 hours group sessions for parents fortnightly
Individual phone calls or catch-up sessions for each participant in the off week

When: Thursday 1. August to Thursday 26. September (9 sessions.)

Time: From 10am to 12:30pm

Where: At Family Support Network, 41 Wilson Street South Lismore

Morning tea: A free morning tea is provided.

Childcare: If you require childcare whilst the group is on, please phone The Gingerbread House on 6622 1130 to make your own arrangements.

Bookings essential. Phone 6621 2489 ASAP to book your place or to find out more information.



Family Support Network Inc.



Tuning in to Kids

FREE
Parenting Program

For Parents with children aged between 2 and 12 years

When: Starting Tuesday 30th July 2019 (6 Sessions) Finishing Tuesday 3rd September

Where: Goonellabah Community Centre (27 Oliver Ave, Goonellabah)

Time: 10am to 12:30pm

Tuning in to Kids focuses on the emotional connection between parents and children. In particular it teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. Children with good emotional intelligence often have better emotional and social skills, as well as fewer behavioural difficulties.

Tuning in to Kids teaches parents:

Awareness and regulation of their own emotions

Awareness of their child/ren's emotions

How to respond appropriately to their child/ren's emotions

Facilitator Courtney Patterson
Registration required - phone 7388 1000 (6621 1489)



Sarah Myles

Sarah Myles began to write fiction after graduating in literature from Monash University, and studying at the University of Western Australia. She has trained and worked as a nurse, travelled through Europe, the Americas and Africa. She is the author of Transplanted, published by Hodder Headline.

Currently she divides her time between writing and family, living in inner Melbourne and on the west coast of Victoria.

Sarah Myles' latest novel

The Wolf Hour

is a searing contemporary thriller about an Australian family in crisis against the backdrop of war torn Africa.



Friday, 16 August

1pm at Lismore Library

Bookings are essential. Phone 02 6621 2464 to make a booking.

Tony Park

Tony Park was born in 1964 and grew up in the western suburbs of Sydney. He has worked as a newspaper reporter, a government press secretary, a public relations consultant, and a freelance writer.

He and his wife divide their time between two homes, one in Sydney and another on the border of the Kruger National Park.

Tony's latest novel

Ghosts of the Past

is about a young Australian adventurer who is condemned to death in Africa, 1906.



Tony will be talking about **Ghosts of the Past**, his love of Africa and his life in this author talk!

Thursday, 8 August

6.30pm at Goonellabah Library

Bookings are essential. Phone 02 6621 2464 to make a booking.

Find Us At:

www.rtrl.nsw.gov.au

Lismore Library: 02 6621 2464

Goonellabah Library: 02 6625 1235

**Richmond Tweed
Regional Library**
Connect. Discover. Escape.

August

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

Bookings are essential. Phone 02 6621 2464 to make a booking.

Lismore Library in conjunction with

Byron Writers Festival &

StoryBoard presents

A Creative Writing Masterclass!

Cultivate your creativity with help from published authors

Thursday, 8 & 22 August

5pm - 6.30pm

2nd Floor, Lismore Library

For young writers from 10 - 18 years.

Pizza served!



Beekeeper visits the Library!

Geoff is an experienced

beekeeper in the

Northern Rivers.

He will be talking about his life with bees and you will get to see his work and ask him questions.



Friday, 2 August

11am

at Lismore Library



Southern Cross University, in partnership with The National Centre of Flood Research are conducting a survey to explore the best way to communicate with people who live in flood-prone areas.

You are invited to complete a quick anonymous survey on flood communication.

You can collect a survey and ask any questions at the presentation on:

Wednesday, 7 August

10am

at Lismore Library

You can also access the survey at:

https://scuau.qualtrics.com/jfe/form/SV_3aY8C9e9wMVA3p



FOOD FOR FARMERS

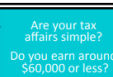
DROUGHT CONTINUES

Following the success of this Appeal over many years, it is on once more.

Drop off Non-Perishable Food Items

at Lismore and Goonellabah Libraries

Please contact Lismore Library on 02 6621 2464 for more information.



Get free help with your tax return from a Tax Help volunteer!

Make a booking with Library staff on the 2nd floor of Lismore Library or by phoning Lismore Library.

The Lismore and Goonellabah

Friends of the Library

will be holding a

BOOK SALE!

Tuesday, 6 August

9.30am - 1pm

at Lismore Library



Free Tech Lessons

Now at Goonellabah Library

Every Wednesday!

Please contact Goonellabah Library on 02 6625 1235 to make a booking.



Let's Celebrate Origami

Paper Cranes



Saturday, 3 August

10am to 12pm

at Lismore Library

Everybody who is interested is welcome!

Small children must be supervised by a parent or guardian.

Air Force Cadet Recruitment Night

for candidates, parents and friends will be held at 6.30pm Fridays 2nd and 9th August at the Air Force building, Air Force Road East Lismore. If you need any pre-information please contact Roy on 0405 166 060, Steve on 0427 635 331, or Kelly-Ann on 0412 010 405.



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 bookings are essential. To book go to eventbrite.com.au/e/63545607623 for more information please contact Mandy Nolan on 0422701680 or email mandy@mandynolan.com.au