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



2019 | ISSUE 26 | TERM 3 | WEEK 5

## Principal's Message

This week has seen some fabulous work by Year 12 students as they move into their Trial HSC Exams with a genuine opportunity to demonstrate their learning and their level of competence across the variety of their subjects. From what I have seen they have much to be pleased about!

Earlier this week the Year 8 to Year 9 subject selection conversations were held with students and parents which was an incredibly successful evening. As is often the case, there were as many questions raised as answers found but the student selections have been very appropriate.

Please be vigilant with your young person's uniform. The Senior Executive are beginning to send students who are inappropriately dressed home. Students who are deliberately flouting uniform rules will also be either officially cautioned, suspended or sent home to change and return to school in uniform. The list of school uniform requirements can be found on the last page of this newsletter.

Have a great week

**Mary-Jane Pell**  
**Principal**

### 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.

## Deputy Principal's News

Hello RRHC Community

It has been another busy week at the River.

Thank you to Year 8 students for choosing subjects for next year. We will be sending information home about student choices shortly.

Students are expected to attend school every day and provide an explanation from a parent/care giver when they are not in attendance. Being on time to school and to every class is essential to good attendance. Students who we are concerned about will be interviewed by the School's attendance team and this will occur over the coming weeks. Regular attendance ensures continuation of learning and prepares students for life after school.

Year 12 have only a short time left at high school. We strongly encourage students to take the opportunity over the next couple of weeks to discuss with their teachers how to optimise their results in the HSC.

'Education is the passport to the future, for tomorrow belongs to those who prepare for it today.'  
(Malcolm X)

Have a happy and safe weekend.

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

### ASSESSMENT CALENDAR

**Term 3 Week 6 and Week 7**

**Year 7**

English 'Viewing & Representing Creative Adaptation' due **Week 6**

**Year 8**

Maths 'Perimeter Assessment Completion' -  
**28.8.19 (Wk 6)**

**Year 9**

Science 'Tectonic Event' - **26.8.19 (Wk 6)**

Maths 5.3 'Data Assignment' - **27.8.19 (Wk 6)**

Geography 'Sustainable Biomes Map' -  
**30.8.19 (Wk 6)**

PASS 'Online Examination' - 29.8.19 (Wk 6)

**Year 10**

**Year 11**

TAS 'Career Research' - **28.8.19 (Wk 6)**

Software Design & Development Task 2 -  
**30.8.19 (Wk 6)**

**Year 12**

**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



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

## From the Community Liaison Officer (CLO)

You are raising an adolescent therefore you have wished to:

- understand the changes your teenager is going through
  - choose a parenting style and learn ways to communicate and problem solve to guide your teen into maturity and independence
  - learn practical strategies to set limits and boundaries and manage problem behaviours
  - learn how to protect your teen against the risks of adolescence
  - cultivate a mindful approach to parenting which will give you more choices in how you respond
- Social Futures is offering a FREE 6 week parenting program. This group will provide parents with the skills, knowledge and experience to support their teen to develop emotional intelligence and a sound moral compass to guide them through adulthood.

Check later in this newsletter for details of this excellent opportunity for all parents to get some new ideas on getting through these challenging years.

From the Department of Education comes:

**Coping skills, resilience and teenagers**

**Positive coping skills will help if:**

- your child doesn't cope well with stress
  - your child often feels overwhelmed
  - your child's health and wellbeing are negatively impacted by stressful events and difficult emotions.
- Being young isn't easy. The teenage years are accompanied by a number of stressors and significant life stages. Throw into the mix the hormonal changes that accompany puberty and an increasing need to fit in with their peers, and it's no wonder that young people often find their adolescent years stressful and overwhelming. To tackle the difficulties that come with being a young person, it's crucial to encourage young people to develop positive coping strategies.

### **What is positive coping?**

Positive coping strategies increase long-term resilience and wellbeing. In contrast, negative coping strategies usually only produce a helpful distraction in the short term. For example, using drugs and alcohol may provide temporary relief from difficult emotions, but reliance on this strategy can lead to substance dependency and abuse. This is why a focus on positive coping skills is crucial in maintaining long-term wellbeing or resilience.

Resiliency is the ability to 'bounce back' from a difficult situation. A resilient person is able to:

- withstand adversity
- learn from their experiences
- cope confidently with life's challenges.

Psychologists have identified some of the factors that make someone resilient. These include:

- having a positive attitude
- being optimistic
- having the ability to regulate emotions
- seeing failure as a form of helpful feedback.

Resilient teenagers are able to control their emotions in the face of challenges such as:

- physical illness
- change of schools
- transitioning from primary school to high school
- managing study workload and exams
- change in family make-up (separation and divorce)
- change of friendship group
- conflict with peers
- conflict with family
- loss and grief.

**Anne Bowden**

**Community Liaison Officer (CLO)**

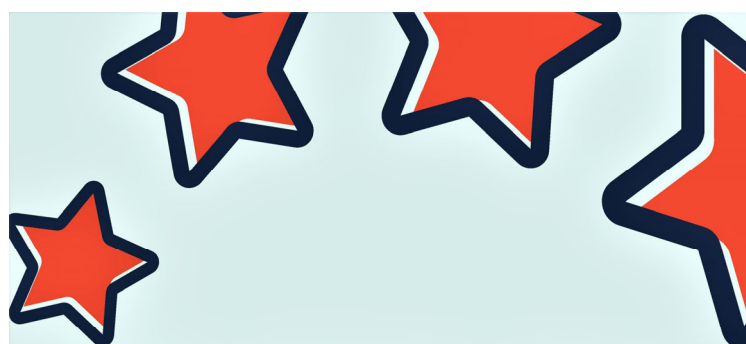


## Bundjalung Language and Culture Camp at Lake Ainsworth

On Monday and Tuesday four RRHC students attended the Bundjalung Language and Culture Camp at Lake Ainsworth Sports and Recreation Centre. Natalia, Kiesha, Jayda and Bridie stayed overnight with over 100 Aboriginal students from other high schools and primary schools in the Bundjalung region. Activities included bush tucker workshops, resource and gathering talks, language and stories, traditional dance, and weaving. The students had a blast and we would like to thank Uncle Marshall (Mr Dean Marshall) for his time and hard work helping to make this camp a success. The camp was run by NSW AECG.

**Mirryinda Nixon**

**Aboriginal Education Officer**



## THE RRHC P&C

**2<sup>nd</sup> Monday of each month**

**Meeting in the upstairs Common Room**

### WHY JOIN IN?

- 1 There's minimal fund raising!
- 2 Stay informed & have your say
- 3 Meet other parents, the Principal & teachers

**WE LOOK FORWARD TO SEEING YOU THERE**



### 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



**UNSW**  
SYDNEY

**Gonski Institute**  
for Education

## 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



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, 16<sup>th</sup> 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, 30<sup>th</sup> 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](mailto:Belinda.OConnell3@det.nsw.edu.au)

## 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: **RRHC**

PASSWORD: **88success**

**This password is only for use by Richmond River High Campus students and parents.**



**THE RIVERS**  
SECONDARY COLLEGE



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

## STAR Early Offer is now open.

Secure your place in a Southern Cross degree before you even know your year 12 results. It's a quick online application and you can change your course preference at any time.

**Apply now!**  
[scu.edu.au/star](http://scu.edu.au/star)





Our School Password is:

**The news for your Careers sent to you!**

Visit: [www.jobjump.com.au](http://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](http://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](http://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 6B

26 August

HSC Trial Exam

Dubbo Sheep Show

27 August

Dubbo Sheep Show

28 August

Dubbo Sheep Show

Rivers MADDness

29 August

Dubbo Sheep Show

30 August

Rivers Sporting Challenge

### Term 3 Week 7A

2 September

Netball Gala Day

3 September

Lismore Performing Arts Festival

4 September

5 September

HSC Drama Performance Exam & Marking

6 September

HSC Drama Performance Exam & Marking

Rivers Sporting Challenge

## QUOTE OF THE WEEK

"If you change the way you look at things,  
the things you look at change."

- Dr Wayne Dyer (US author and  
speaker)



## 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 6

Monday 26 August

Beef stroganoff with vegetables and rice

- Small \$5, Large \$7

Tuesday 27 August

Curry in a hurry with rice

- Small \$5, Large \$7



Thursday 29 August

Beef or Bean enchilada with salad

- Small \$5, Large \$7

Friday 30 August

Roast rolls with coleslaw and gravy

- 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.








**JUNIOR BOOKCLUB**  
Ages 8-13

**Lismore Library**  
Last Thursday of the Month  
4-5pm

Phone Lismore Library on 02 6621 2464 for more information.

Richmond Tweed Regional Library  
Connect. Discover. Escape.



**TEEN BOOK CLUB**  
Ages 13-17

**Lismore Library**  
Last Monday of the month  
4pm-5pm

Phone Lismore Library on 02 6621 2464 for more information.

Richmond Tweed Regional Library  
Connect. Discover. Escape.

## Social Futures

### connecting with teens

Social Futures is pleased to offer this FREE 6 week parenting program.

This group will provide parents with the skills, knowledge and experience to support their teen to develop emotional intelligence and a sound moral compass to guide them through adulthood.



#### This program will help you to:

- understand the changes your teenager is going through
- choose a parenting style and learn ways to communicate and problem solve to guide your teen into maturity and independence
- learn practical strategies to set limits and boundaries and manage problem behaviours
- learn how to protect your teen against the risks of adolescence
- cultivate a mindful approach to parenting which will give you more choices in how you respond

**WHEN:** Tuesday evenings  
5:30pm-8pm  
6 weeks  
commencing 17 September

**WHERE:** Social Futures  
16 Keen Street, Lismore

**COST:** FREE!

**RSVP:** Ayla Garlick 0448 559 968



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

© Social Futures 2019-RECONNECT-CONNECTING TEENS-POSTER-V1

Wollongbar Primary Industries Institute celebrates...

**125 Years**  
of Growing our Region

**Wollongbar Primary Industries Institute is celebrating 125 Years Growing our Region Open Day Saturday 24 August 10.00am-3.00pm**

Find out how this leading research station has contributed to the agricultural sector and our regional food security since 1894. The Day will include information displays, guided tours, kids activities, historical displays and local food. Enjoy the ambience of our beautiful working farm and learn about the latest research discoveries to support agriculture and food security on the North Coast.



**5TH ANNUAL ASTRONOMY NIGHT AT CORNDALE HALL SATURDAY 24 AUGUST**

Gate opens at 2.30pm for solar viewing.  
Planetarium dome inside the hall 3pm-6pm.  
Guest speaker David Reneke 7pm Apollo 11.  
Lucky seat prize Flown in Space item valued at \$200. 6" Dobsonian telescope raffle.  
BBQ and drinks on sale.  
All proceeds in support of the Corndale Hall Inc.





## 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:
  - Readers/Writers in Library
  - Small Group Supervision in the Staff Common

Room/Boardroom TAFE as normal on Wednesdays

## Uniform Requirements 2018

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

<b>GIRLS</b>	<b>BOYS</b>
<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.