

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

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

2020 | ISSUE 19 | TERM 3 | WEEK 1

Relieving Principal's Message

Hello RRHC Community,

Welcome to Term 3, a term that we hope will be more settled than the previous two.

Our Year 12 students are making preparations to sit their Trial Examinations which start on Friday 7 August. We encourage them to have regular discussions with their class teachers and seek support as needed. We have established a Year 12 support team led by our Relieving Deputy Principal Stacy Clark. Parents are welcome to contact Stacy or the Year 12 Year Advisor Scott Allen if they need additional advice or support for their Year 12 student.

At RRHC we are working collectively to adhere to emerging health advice in order to keep our students and staff safe in the continuing COVID-19 climate. We thank all of our students and staff for their ongoing efforts in supporting us to do so.

Please note that we have returned to full-time on-campus learning and all students should be at school unless they are unwell or have a medical certificate to support their absence. However, please do not send your child to school if they are unwell, even if they have mild symptoms. We will make appropriate arrangements to return any student home if they come to school unwell or if they become unwell at school.

We request that all students and staff who have visited Victoria in the 14 days before the start of school should not be attending school until they complete the 14 days self-isolation period since they left Victoria.

We also ask that all students and staff follow the recommended actions if they have been in a location where there have been confirmed cases of COVID-19. Please monitor [Latest COVID-19 case locations in NSW](#) and follow the relevant health advice if you have been at any of the locations at the specified dates and times.

Current, regularly updated advice for families can be found on the Department of Education's website <https://education.nsw.gov.au/covid-19/advice-for-families>

Enjoy your weekend.

Belinda Marr
Relieving Principal

Bundjalung Language and Culture

The NSW Department of Education Aboriginal Education Policy commits to working in partnership with the NSW Aboriginal Education Consultative Group Inc. and Aboriginal communities to implement Aboriginal languages programs in schools. The Aboriginal language program in schools allow Aboriginal and non-Aboriginal students to learn Aboriginal languages.

Learning an Aboriginal language strengthens Aboriginal students' identity and pride, and the stronger a student's cultural identity, the better able they are to engage in learning. For non-Aboriginal students, learning a local Aboriginal language provides an insight into and better understanding of the world's oldest living cultures.

The Rivers Secondary College has been able to secure the expertise of Glen Rhodes, Teacher Aboriginal Language and Culture Nest, Bundjalung to implement lessons on Bundjalung Language and Culture as part of the Year Seven Languages lessons. Glen is a qualified teacher with many years' experience teaching within the local schools and has qualifications in teaching Aboriginal Languages.

Each class across the college will have lessons built into their timetables during terms three and four.

The language being taught is known as the Broader Bundjalung Language, which has language from various dialects across the Bundjalung Nation.

It is hoped this course can be rolled across the college into Year 9 electives in 2021.

Paula Moverley

HT Administration



Canteen News

As we begin Term 3 we are still a Covid-safe Canteen. Orders will still be able to be placed and paid for through the school online and also at the Canteen in the morning and recess. The order form is on the RRHC website under the Canteen P&C button. Payment online is through the school payment system, please use the *Other* option. Please note the receipt number on your order form for proof of payment. Orders need to be in by 9:30am for recess and by 11:30am for lunch. All goods are packed in bags with your name on them to be collected from the Canteen at the beginning of recess and lunch. The Canteen will be open 8:30–9:00am, at recess and the second half of lunch. First half of lunch is only open for pre-orders. As there is no self-service please be patient and follow the directions of teachers and Canteen staff. We will be providing more tasty hot food options as well as continuing our Weekly Specials menu. Thank you for your support.

Laura and the Canteen Staff

Term 3 Week 2 Specials

Monday - Thai Green Curry Chicken or Vegetable with rice - \$5

Tuesday - Beef stroganoff or Creamy mushroom pasta - \$5

Wednesday - Chef's special - \$4

Thursday - Irish beef and potato stew or Vegetable casserole with crusty bread - \$5

Friday - Chicken Tikka Masala, Beef Rogan Josh or Vegetable Korma with rice - \$5



From the Community Liaison Officer (CLO)

Have you had to deal with grumbling kids who don't want to go to school?

While some school reluctance is normal, spare a thought for parents whose back-to-school struggles have reached a whole new dimension. Their child's reluctance to go to school has escalated into a more significant psychological problem, called school refusal. Around 1-2% of children experience school refusal: becoming severely distressed at the prospect of going to school and having prolonged absences. Unlike truancy, young people diagnosed with school refusal don't experience other behavioural concerns: their parents know where they are; they remain at home despite their parents' best efforts to get them to go to school. School refusal commonly arises after a period of school absence – due to illness or holidays – or a big change, such as starting a new school or moving from primary to high school.

No one factor or person is to blame for school refusal; it's caused by a complex interaction of multiple risk factors involving the child (such as a fear of failure), their family (such as overprotective parenting or illness), the school (such as bullying), and social challenges (such as pressure to achieve academically).

What can you do?

If your child refuses to go to school, or you're supporting another parent or child in this situation, here's how you can respond:

1. Ask for help
2. Consider possible triggers
3. Take a kind but firm approach
4. Give clear and consistent messages
5. Set clear routines on days off school
6. Engage the system

This link will take you to a full explanation of the above points -

<https://theconversation.com/so-your-child-refuses-to-go-to-school-heres-how-to-respond-98935>

Anne Bowden

Community Liaison Officer

From the Aboriginal Education Officer

Cultural Pride Hoodie

Jingi walla everyone!

We have a new exciting edition to our 'Cultural Pride' school uniform range for everyone to purchase, a deadly hoodie! They are \$51 each and can be purchased through the following link: <https://bit.ly/2BlTtaS>

The store will close for the first lot of orders on 31 July. Polo shirts and hoodies will be made and sent out six weeks after shop closing date. If you have any questions or problems with ordering please contact me.

Mirryndah Nixon

Aboriginal Education Officer



From the Career Adviser

SCU Head-Start – Student Success

Congratulations to the students who have successfully completed a unit of study through the SCU Head-Start program. Head-Start provides an opportunity for Year 11 and Year 12 students to gain direct entry and advanced standing into a variety of courses offered at SCU.

Well done: Raphael – Biology (Credit)

Shiralee – Biology (Credit)

Jade – Australian Legal System

Lucia – Communication in Organisations (High Distinction)

Jazmin – Biology (Distinction),

Jasmine - Australian Legal System

Eden Weir

Career Adviser



THE NSW POLICE FORCE IS RECRUITING NOW!



Are you wondering what you want to do when you leave school?

The NSW Police Force recruits all year round and recruits approximately 1200-1500 Police Officers per year. The starting salary for a Probationary Constable is approx. \$73,000 per annum; this does not include overtime and shift penalties. The NSW Police Force offers some of their training in an on-line environment prior to attending the NSW Police Academy in Goulburn.

Go to our website and take the eligibility quiz to see if this is the job for you. You will attest as a Probationary Constable and attain an Associate Degree in Policing Practice.

In addition, there are many Specialist areas within the Police Force such as Airwing, Dog Unit, Highway Patrol, Water Police, Police Rescue and many more.

Recruitment Branch contact number:

1800 222 122

Recruitment Branch Website:

www.police.nsw.gov.au/recruitment



Recruitment Branch Facebook: NSW Police Recruitment Branch page where you have the ability to ask us questions 24/7.

ASSESSMENT CALENDAR

Term 3 Assessment Task Due Dates

Year 11

Physics Assessment Task 2 'Depth Study Presentation' - **3.8.20 (Wk 3)**

Chemistry Assessment Task 2 'Depth Study' - **7.8.20 (Wk 3)**

Year 12

English Studies Assessment Task 4 'Portfolio' - **31.8.20 (Wk 7)**



TRSC Richmond River High P&C Association

The P&C are looking to expand and are seeking expressions of interest from the community to get involved. Interest from new parents is warmly welcomed. All the positions are to be vacated at the next AGM and we are endeavouring to advertise widely to reach parents and carers who may be interested.

This P&C does not currently participate in any fundraising. We are a group of parents who meet to chat, ask questions and discuss school related issues and are the parental body for the school to consult with and get their much needed feedback from. We are supported by a very experienced community liaison officer.

P&C is a great way to find out about how the school works, supports available and what is going on! (Kids don't volunteer much info typically).

Meetings:

- * P&C meetings are usually 2nd Monday of the month.
- * Next meeting and AGM Mon 10/08/2020 - AGM @ 5.00pm and meeting @5.30pm
- * Last meeting was a zoom meeting which went well, so a mixture of face to face/online meetings could be the future.



Breakfast Club Is Back!

Breakfast Club has re-started and will operate Monday-Friday at the Canteen 8.30-9.00 am.
Takeaway cereal and toast available.



Big Ideas 2020



ANSTO Big Ideas encourages students to creatively communicate the work of an Australian scientist, and explain how their work has inspired them to come up with a Big Idea to make our world a better place. It is intended to engage and support Australian students in years 7-10 in Science and encourage them to pursue studies and careers in STEM.

How to enter



Your Big Idea could win you an awesome Science Experience at the Australian Synchrotron in Melbourne (Y7-9) or at the ANSTO campus in Sydney (Y10). Prize includes flights, travel, accommodation and meals for your team and teacher.



www.ansto.gov.au/bigideas



Enter today!

Since 2016, ANSTO Big Ideas has encouraged students across Australia to see themselves as a future STEM professional. By giving students a real experience using state-of-the-art scientific facilities at ANSTO, our scientists and engineers inspire students to pursue careers in STEM. The competition has grown, evolved and seen numerous students be inspired at ANSTO over the years. This year, we are proud to announce that we have expanded our audience to include students in Years 7-9 (Junior Scientists) as well as students in Year 10 (Senior Scientists).

If your video is chosen, the students and one teacher will win an all-expenses paid science experience at either the [Australian Synchrotron](#) in Melbourne (Junior Scientists) from 22-25 November or the [ANSTO campus](#) in Sydney (Senior Scientists) from 8-12 November. Alternate arrangements will be made in regards to COVID-19 restrictions if necessary.

Pauline Macleod
Science Teacher

Wanted - Table Tennis Table

Can you help???

Do you have a functioning table tennis table (preferably on wheels) taking up space?

Would you like to donate it to the school?

If so can you phone the Office on 6621 3456 and leave a message for Pauline Macleod, Science Teacher. Thank you.



Community

Lismore Library in conjunction with Byron Writers Festival & StoryBoard
PRESENT

Creative Writing MASTERCLASS

hone your craft with help from well-known authors and industry professionals.

A primary & a high school group.
For young writers from 10 to 18 years.
New writers always welcome.
These masterclasses are free!

Lismore Library
Every second Thursday during school term
from Thursday 30 July
5pm to 6.30pm

Numbers are limited. Bookings are essential.
Primary group bookings email your name, age & phone number to zannilouise@gmail.com
High school group bookings email your name, age & phone number to sarah@sarah-armstrong.com

Richmond Tweed Regional Library
Connect. Discover. Escape.

byron writers festival

Story Board

Lismore Library 02 6621 2464

Important Phone Numbers and Support Services

School Counselling Service - at school

Kids HELPLINE - 1800 551 800 -

kidshelpline.com.au

Lismore HEADSPACE - 6625 0200 - 1800 650 890 -
headspace.org.au

Mental Health Line - 1800 011 511

Beyond Blue - 1300 789 978

Parent Helpline - 1300 1300 52

Lifeline - 131 114

You can also :

- call the **National Coronavirus Health Information line - 1800 020 080**
- go to the **NSW Health COVID-19 website external link for the latest information and advice**
- Talk to your local **GP or Community Health Centre**

Important Education Websites

RRHC Facebook - <https://www.facebook.com/richmondriverhigh>

Student online portal -

web2.richmondri-h.schools.nsw.edu.au/portal/login

Online Study Skills Handbook -

RRHC / 88success www.studyskillshandbook.com.au



Student and Parent Portal

The Student and Parent Portal provides parents and students access to information including school newsletters, student timetables, notices, calendar, calendars of assessment schedules, attendance, school reports etc. Parents can submit explanations for absences (if submitted within 14 days of absence), make requests for amendments to family details/medical information and view student plans such as individual education plans. Students can log on using their school username and password.

Parents can register and access the portal, <https://web2.richmondri-h.schools.nsw.edu.au/portal/login>

School Stream App

RRHC uses the School Stream app to communicate with our community. Assessments, newsletters and other important information can be viewed there. Link to download the app -

<https://www.schoolstream.com.au/download/>



School Updates App

Introducing the NSW Department of Education School Updates app

Opt-in to receive notifications when public schools have temporarily ceased operations due to adverse weather, bushfires or other emergencies. Find out more and download the app now.

<https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/nsw-school-updates-app>

2020 RRHC Uniform Requirements

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

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

Please note: Tights, black T-shirts, denim jeans, singlets/tank tops, midriff tops, transparent fabric, torn/ripped clothing, incorrect colours and stripes, large logos or slogans, and 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 sturdy leather shoes. Students may not be able to participate in some activities in these practical classrooms if they are in canvas shoes.

Please see the 2020 Lowes Uniform Price List on the next page.

UNIFORM PRICE LIST

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

Junior Girls All Seasons Uniform

POLO:	S/S White-Stripe Collar - EMB Crest	\$36.95
POLO:	LT Grey Stripe Collar - EMB Crest	\$36.95
SKIRT:	Black A-Line Style - EMB	\$53.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle	\$5.95
APRON:	Navy - Design & Tech	\$14.95

Senior Girls All Seasons Uniform

OVERBLOUSE:	S/S White Special Design - EMB Crest	\$37.95
SKIRT:	Black A-Line Style - EMB	\$53.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle	\$5.95

Girls Sports Uniform

SPORT POLO:	Dk Red -Stripe Collar - EMB Crest	From \$41.95
SHORTS:	L/L Black Microfibre - EMB	From \$32.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SPORT SOCKS:	White Ankle	\$4.95

Junior Boys All Seasons Uniform

POLO:	S/S White - Stripe Collar - EMB Crest	\$36.95
POLO:	LT Grey Stripe Collar - EMB Crest	\$36.95
SHORTS:	Black BBT Cargo	\$19.99
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style (Sports)	\$4.95
APRON:	Navy - Design & Tech	\$14.95

Senior Boys All Seasons Uniform

SHIRT:	S/S White Deluxe - EMB Crest	From \$35.95
SHORTS:	Black BBT Cargo	\$19.99
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style	\$5.95

Boys Sports Uniform

SPORT POLO:	DK Red-Stripe Collar - EMB Crest	From \$41.95
SHORTS:	Black Microfibre - EMB	From \$32.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style (Sports)	\$4.95

ALL PRICES ARE SUBJECT TO ALTERATION

Lismore Shopping Square

Shop 39, Corner Brewster and McKenzie
Streets, NSW 2480

(02) 66212103



Please shop instore at



or online at

www.lowesschoolwear.com.au

LOWES
will pay a commission
to the school on
every item of school
uniform sold in our
local store.

WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE, RECEIVE 5% IN REWARDS POINTS TO REDEEM, PLUS GREAT FEATURES AND BENEFITS.

For more information please contact Ezy-Way on 1300 156 937 or zero@lowes.com.au