Core Values

- Teamwork
- Respect
- Excellence
- Opportunity
- Safety

Vision

- TRHS is recognised within our community for excellence in education.
- Students are willingly engaged in a wide range of innovative learning programs.
- Students value learning and achieve their personal best.
- Staff embrace innovative quality teaching methods that focus on 21st century learners.
- Staff work cohesively in a highly professional manner to achieve the school purpose.
- Strong relationships enhance our links to the community and provide a sense of belonging for students, staff and community members.
- Success is recognised and celebrated in our school community.

Purpose

Provide an innovative, safe learning environment which promotes excellence through opportunity, teamwork and respect.

Open Netball Team

State Athletics Team

Peer Support

Tweed River High School

Innovation, Opportunity and Success

Meetings are normally held on the third Thursday of the month in Staff Common Room at 7pm.

Next meeting

18th September 2014

President: Anita Johnson

Uniform Shop

Open
Every Tuesday & Thursday
8.00am – 11.00am
(Located next to the Canteen)

Co-ordinator - Kerry Lee
Outstanding achievements for our students
The last week has seen a number of our students achieve outstanding results through ongoing perseverance and effort.

Human Powered Vehicle
The Human Powered Vehicle team, led by Mr Wiggins, took out the “design, make and race” category at the Maryborough RACV competition held on the weekend. This is a truly outstanding achievement; one the boys have been working towards since February. Congratulations to the team of Josh Smart, Sam Taylor, Jason Bentley, Lachlan Prestage, Tyler Gascoyne, Owen Green, Lachlan Taylor, Seth Cusack, Lachlan Friend, Josh Thomas and Ryan Novotny. Congratulations also to Mr Wiggins, Mr Patch, Mr Arrowsmith and the parents who gave up their time to assist in building the vehicle and training the team.

This venture has not only been widely supported within the school, but has been supported by the wider Tweed community. We would like to thank our community sponsors for their ongoing support and belief in our team.

Category 2: Celebrating our cultural diversity was won by Jordan Hamilton who has recently returned from France, having toured with the Kunjiel Dance Troupe. Other TRHS nominees were; Makayla Riley, Year 12, who has been involved in a variety of cultural and mentoring leadership roles during her time at the school. She has also been a guest speaker at the Aboriginal Studies Association Conference at Sydney University in 2012 and will be returning this year to speak again following her HSC exams; Jacob Paulson, Year 11, who volunteers to share Aboriginal culture including dance at local and regional events and Aubrey Cora Jr who is an active member of the Kids Caring for Country after school Aboriginal culture program in Murwillumbah. Former Tweed River High School student Morgan Kingi was nominated for the second consecutive year for her ongoing work with local youth through the Yanbehla Youth Program and the Titans 4 Tomorrow program.

Category 4: Leading their peers was won by Bill Nobbs-O’Brien from Wollumbin High School. However, Tweed River had an outstanding representative in Danielle Phillips. Danielle has been on the SRC for the last 4 years and volunteers for a range of causes. She is a quiet achiever, who leads by example.

Category 5: achieving against the odds was won by Lilli Greer. Lilli is a Year 9 student who has made positive choices to change her life and gain placement on our ATP program. Lilli is also a member of the Army cadets. Jayden Gadsby, Year 11, was also a worthy nominee. Jayden is a successful student who, despite personal challenges has not only succeeded at school, but has taken on additional responsibilities.

Congratulations. It makes me very proud to have the school so well represented in community events which acknowledge the outstanding work of local youth.

Wollumbin Dreaming
I was also privileged to attend the presentation event for Wollumbin Dreaming last Thursday to see our students present their leadership project to the Wollumbin Dreaming organisers, participants and local community representatives. Thank you to the students involved in the program; Isabelle Cora, Jennifer Old, Jake Paez and Geordie Wilson and to Aunty Chris, Kerry Pope and Jan Ryan for their leadership of our students. Once again our students displayed their leadership within the wider group, but also raised a range of ideas that the school can build on to better support student needs.

Finally, this week Year 12 will formally graduate from school. I look forward to celebrating with Year 12, their parents and teachers this Thursday. I congratulate every student on their achievements and feel confident that we are sending them out into the world to make it a better place for having these young people in it.

Leisa Conroy
Principal

Kids in Community (KIC)
The annual KIC awards were held last Tuesday evening and along with Aunty Chris Morgan, Jan Ryan, Bronwyn Mackney and Chris Swaddle, I had the honour of attending to support nominees from Tweed River High School. Once again, outstanding students were recognised for their contribution to our community and Tweed River High School was well represented among the winners.

Category 1: caring for others was won by Jasmin Brazier, a Year 9 student who is a carer for her mother and younger siblings who have health conditions and disabilities.
**Diary Dates**

**TERM 4 WEEK 1B**

**Monday 6 October**
- Public Holiday

**Tuesday 7 October**
- Students & staff return to school

**Wednesday 8 October**
- Yrs 10&11 Marine/SLR Scuba Excursion
- Yr 8 Debating – Murwillumbah High

**Thursday 9 October**
- Year Assemblies

**Friday 10 October**
- Yr 7 & 9 Vaccinations

**TERM 4 WEEK 2A**

**Monday 13 October**
-  

**Tuesday 14 October**
- Maximising HSC night

**Wednesday 15 October**
- Yrs 10&11 Marine/SLR Scuba Excursion

**Thursday 16 October**
- Boys Futsal at Seagulls

**Friday 17 October**
-  

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**SRC Report**

The SRC would like to congratulate Year 12 on the completion of their schooling and wish them luck for the HSC. The Teachers vs Year 12 Dodge Ball game was a great success with plenty of people involved and with the teachers cheating as usual.

Next Term we are very excited about finding out who our new School Captains will be and for them to lead our Planning Day for 2015.

Zoe Boxsell, SRC Publicity Officer

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**Principal's Quality Work Award**

**Year 7**
- **English** – Mr Winter
  - Indiah MILLER

**Year 8**
- **Science** – Ms Andrews
  - Hine-Rei BERRYMAN; Christopher CHARLTON; Yasmin HOLLOWAY-BLACKER; Hayley JEFFERIES; Presley JOHNSON; Holly THORNTON; Sam WHITBY

**Year 9**
- **English** – Mrs Baly
  - Carl ALBRECHT; Joshua FREEMAN; Celine OGG

**Year 10**
- **English** – Mrs Baly
  - Irina ELLIOTT

**Year 12**
- **Business Studies** – Mrs Conroy (Principal)
  - Karly BARTRIM; Danielle DAVISON; Micaela HAYES; Jake HOUGH; Jeneeka JOHNSON; Liam LATHAM; Thomas McNAMARA; Lucinda PETZER; Elsie RAMPLING; Andrew SCANES; Daniel WILMOTT

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**KYDD FOOD AT THE CANTEEN**

**Term 4 Week 1**
- **Tuesday** - Bucket of wedges with salsa, sour cream & cheese $3.50
- **Wednesday** - Meal Deal - a burger & a small water $5.00
- **Thursday** - Pasta bolognaise or vego $4.00
- **Friday** - Pad Thai noodle box with chicken or vego $4.50

**Week 2**
- **Monday** - Pasta carbonara or vego $4.00
- **Tuesday** - Butter chicken with rice or vego curry $4.50
- **Wednesday** - Meal Deal - A focaccia and a paddle pop $5.00
- **Thursday** - Beef or bean burritos with rice, salsa and cheese $4.50
- **Friday** - Cottage pie topped with mashed potato $4.00

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**TWEED YOUTH TIMES**

Make sure you check this magazine on a regular basis. It is all about our community kids and regularly features photos and articles on our students. Issued monthly.

[www.facebook.com/tweedyouthtimes1](http://www.facebook.com/tweedyouthtimes1)
SCHOOL ATTENDANCE POLICY
Common Leave Pass

All students enrolled in NSW government secondary schools must be issued with a common leave pass if they wish to leave school during normal school hours. Students should be reminded regularly that police and HSLO’s may direct them to return to school if they don’t have a valid leave pass.

All secondary students from Years 7 – 12 who have permission to leave school premises during normal school hours are to be issued with a leave pass. The passes are valid on the day of issue only.

When passes are issued:
- the front of the card must be completed
- a day of issue date stamp must be placed on the back of the pass
- the principal or nominee should sign the pass
- the school stamp must be placed on the back of the pass

Incomplete, unsigned passes or passes that do not bear a school stamp or date stamp are not valid and will not be recognised by police and other authorised attendance officers.
Tweed River High School’s Year 8 students participated in the REALskills (Relationship, Education and Life Skills) Take A Stand program recently, where they met Erin (pictured below) who coordinates the REALskills program across the 5 government high schools in the Tweed Shire, as well as local service providers and community volunteers. According to Erin, “we really do love running programs at Tweed River. The kids are fantastic and Bronwyn (Head Teacher Welfare) and the Year Advisers just make everything run smoothly”.

REALskills builds a vital bridge between the school community and the wider community of social and health services, in a collaborative and integrated way, to ensure prevention and early intervention takes place before issues escalate.

The Take A Stand program aims to build awareness and skills around core values, self-respect, responding to peer pressure, and setting personal boundaries through the exploration of the issues and challenges around negotiating consent and sexual assault, abuse in relationships and the risks of drug and alcohol use.

Tweed River High Schools wonderful Year 8 students were also assisted on this day by the school’s outstanding Year 10 Peer Support leaders. They completed training for the Take A Stand program and developed skills in communication, facilitating activities and supporting their peers to seek help from service providers.

According to The Family Centre Executive Director, David Boutkan “We have been collaborating with local schools and service providers to deliver the REALskills program for the last 12 years. The program provides a vital link enabling schools and the community to work together to promote positive development and wellbeing outcomes for young people. The program is focused on improving young people’s skills and knowledge for managing their relationships and difficult situations they may face. We are very excited that REALskills has expanded to include Tweed River High School year 10 students as peer leaders to co-deliver the program”.

The future of the REALskills program is currently uncertain and is waiting for advice from the Federal government that it will be re-funded. It is currently one of the fantastic programs that run at Tweed River High School to support students to be informed and safe members of the Tweed community.

Luke Buchanan
Year 8 Year Adviser
Tweed River High School
Congratulations to the Year 7/8 and Year 9/10 touch teams who went to Murwillumbah this week to play in the NSW Touch regional qualifier. All teams played with great determination and continue to show Tweed River’s talent in Touch as we featured in all four of the Grand Finals, eventually going on to win 3 of them. The four boys and girls teams will now travel to Sydney next Term to play in the state finals so Mr Winter and I wish them all the best. **Mr Swaddle**
HPV final preparations

State Touch Football representatives

Years 9 & 10 construction course lay slab for picnic tables
Presley Johnson – Yr8 has been selected for the Australian team to compete at the Commonwealth Championships. For Presley to reach his dream of representing his country overseas at the Commonwealth Championships in November 2014 we need to raise $5000 which will cover all the costs of travel, accommodation, uniform, Ausdobok (Taekwondo uniform), food etc.
Preston Campbell and the Titans 4 Tomorrow team spent last Friday at Tweed River High School with 60 Girls Academy students, and their families, from Banora Point High School, Murwillumbah High School, Tweed River High School and Wollumbin High School to deliver Workshop 5 & 6 and to celebrate the success of Year 12 with a graduation.

Workshop 5 - Emotional Health & Well-Being
The Girls’ Academy students joined Preston Campbell in an interactive workshop where Preston shared his own personal and emotional journey. The workshop focused on the development of self-esteem, social skills, positive communication skills, healthy eating and effective interaction.

“If our emotional health is good we can manage the up’s and downs in life but if our emotional health is bad it can affect our feelings, thoughts and actions” Preston Campbell

Workshop 6 - Social Media
The T4T team joined forces with guest speaker Constable Nathan Verinder, School Liaison Officer from Tweed Byron Police, during this workshop to teach the Girls’ Academy students about the hidden dangers of social media, which included cyber bullying, safe selfies, age restrictions and harassment.
Griffith University Gurrumii “Open Night”

At the Griffith University “Open Night” students had the experience of taking a tour of the campus, observing the facilities and also had the opportunity to meet current students, tutors and student support officers whilst learning about course options, scholarships and career opportunities.

Junior Leadership Camp

6 outstanding students from Tweed River High School have been selected to attend the junior leadership camp, which kicks off this weekend.

The leadership camp will be jam-packed with motivational speakers; workshops designed to inspire, instruct & promote teamwork, diversity & culture and generally instill important leadership concepts.

Keep an eye out for the next newsletter for the full story.

SIX A SIDE – 2014

Six a side football is back!

When: Tuesday’s from 4.15pm – 8.45pm
Commencing: 7 October 2014 for 9 weeks
Where: Casuarina Rugby Fields

The competition will run for the following age groups:

Introducing new to 2014: U6/U7 (can enter as individuals) and U8’s (must enter as teams of minimum 9 players)
U9-U10; U11-U12; U13-U14 (boys, girls and mixed teams will compete against one another in these ages). U15-U16 boys and girls;
U18s to Open Mens (A and B Divisions); U18s - Open Women.

TEAM NOMINATIONS open online on Monday 15 September 2014 with full payment by 26 September, 2014 $55.00 per person minimum 8 players per team maximum 10 players per team. Numbers are strictly limited.

Team nomination forms and all details log on to www.kingsclifffootball.com.au
**Newsletter 1**

Young People and Risk Taking

Risk-taking in adolescence is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. If you have a year 11 student in your family, encourage them to attend.

**RRISK seminar dates 2014**

- **Port Macquarie**: Panthers Auditorium 7 November
- **Coffs Harbour**: Southern Cross University 13 and 14 November
- **Kempsey**: Melville High Community Hall 19 November
- **Lismore**: Southern Cross University 24, 25 and 27 November
- **Tweed Heads**: Twin Town Services Club 4 and 5 December

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website [www.rrisk.com.au](http://www.rrisk.com.au) and in this newsletter over the coming weeks.

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**Newsletter 2**

Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

**Alcohol and adolescent brain development**

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.


**Mental health**

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue [www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 22 4636

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)
The following students have successfully completed the 2014 Premier’s Reading Challenge. Students will receive certificates from the New South Wales Premier’s Department next term.

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
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<tbody>
<tr>
<td>Jaymee DANIEL</td>
<td>Chloe BARRETT</td>
</tr>
<tr>
<td>Shiana LEWIS</td>
<td>Amee ROSE</td>
</tr>
<tr>
<td>Indiah MILLER</td>
<td>Kelly HARDCASTLE</td>
</tr>
<tr>
<td>Anna MORRIS</td>
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<tr>
<td>Lachlan STANFORD</td>
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Year 9 students Chloe ARDILL and Celine OGG have been our most outstanding readers throughout terms 1, 2, & 3. Chloe has listed 35 books and Celine has listed 40 books.

Tweed River High School library continues its commitment to reading through our Principal’s Reading Challenge 2014. This program runs through until the end of November. Allows students free choice of books. Individual reading logs are kept in the library for students to list any book read.
Library reading awards have been issued to the following students

**Year 7**
Chloe BERRY; Jasmine DRUMMOND-PURCELL; Chloe FERREIRA; Kimberley GEEVES; Angel HEAPY; Zac HICKS; Shaquille HOLLAND; Logan JONES; Amy KING; Emma METCALFE; Neil NARRAINA; Gracey OAKES; Simone OGG; Kara PEASE; Jake POLLETT; Tyler RESTON; Kaleb SHARP; Tarah SMITH; Lucy STUTTLE; Malakai TOGO; Holly WESTMORLAND and Brianna YOUNG.

**Year 8**
Xen CARAWAY; Brendan CARROLL; Jordan EAMES; Olivia EDSON; Kyra HALL; Ben HAY; Presley JOHNSON; Taylor MATTHEWS; Sophie OAKSHOTT; Cody ROGERS; Dakota ROWLES; Kyara SMITH; Olivia SUNDERLAND and Chloe WILLIAMS.

**Year 9**
Jasmine BRAZIER; Lachlan BUSHELL-STEvens; Kiara GOZZARD-DANVERS; Oliver LIPSHUS; Gaby MENDEZ; Amber-Leigh SANDERS; Lacey SAUNDERS; Rachel SCOTT; Holly SLY; Joshua SMART; Bret Van Der MEER and Tayla VILLIERS.

The above awards have been generously supported by

Gold Coast Titans MacDonald’s Restaurants
Tweed Heads NSW
Mr J. Davis

Best wishes to all of our Year 12 students.
Make sure you make good use of the senior study guides

Mr Spicer, Mr Whitehead and Mrs James
Read Aloud
15 MINUTES
Every child. Every parent. Every day.

Does reading aloud really matter?

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning.

Why read aloud?

LITERACY SKILL BUILDING
Vocabulary, Practice, Familiarity with the printed word, Storytelling, Comprehension: Reading aloud builds literacy skills.

INSTILL A LOVE OF READING
Your example demonstrates that reading is important, pleasurable and valued.

LANGUAGE DEVELOPMENT
The number of words that a child knows on entering kindergarten is a key predictor of his or her future success.

Brain development
From birth to age 3 are critical years in the development of language skills.

Knowledge gained & shared
Books are a pleasure, yes, and they are also informative. You and your child can learn something new as you read aloud.

Tell a friend at www.ReadAloud.org

Is 15 minutes enough to make a difference?

456.25 hours

Don't good parents already read aloud daily?

Only 48% of young children in this country are read to by each day.

More than 15% of young children, 3.1 million, are read to by family members fewer than three times a week.

Reading 15 minutes every day for 5 years:
27375 minutes