NEWSLETTER
24th February 2015 (Term 1 Week 5)

Core Values
- Teamwork
- Respect
- Excellence
- Opportunity
- Safety

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

Vision
TRHS is recognised within our community for excellence in education, where:
- 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 focused on the needs of 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 by our school community.
- Students develop and are recognised for positive citizenship within the school and wider community.

Tweed River High School
Innovation, Opportunity and Success

P&C Association
President: Margaret Taylor
Meetings are normally held on the third Thursday of the month in Staff Common Room at 7pm.

Next meeting:
Thursday 19th March
All welcome

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

Co-ordinator - Kerry Lee
As we enter Week 5 of the school year we are already only a few short weeks away from Year 12 Mid Course exams. Study should be in full swing for students who are serious about achieving their best in this year's HSC. Year 11 students have had the opportunity to revisit their subject choices over the past couple of weeks. That opportunity has now closed and they now need to be fully engaged in the study program they will follow right through to the end of Term 3 this year. The school will shortly be issuing the BOSTES course entry confirmations to each student in Year 11. These forms need to be checked and signed off by students for the correct number of units (12 minimum for Year 11) and the correct courses.

Parent teacher interviews for Years 7 and 11 are scheduled for March. This is an excellent opportunity for parents to have a conversation with staff about how they can support their children in the transition to high school or as they come to terms with the study requirements of the HSC.

It has been disappointing at this stage of the Term to see that a few students are more focused on bringing relationship issues (often occurring on social media networks away from school) into their school day, and not concentrating on their learning and improving their school performance. It is disappointing for a number of reasons, all of which impact on the post school outcomes not only of these individuals but indirectly on the learning of others. Students engaging in inflaming such issues can expect that there will be consequences aimed at managing and modifying this behaviour and to refocus attention on learning for all students.

While the school takes steps to manage these situations it also appreciates the significant support provided by vigilant parents who take the time to monitor their children's online activity and behaviour and the public profile their children are projecting. The support of those parents, who take the time to offer sound advice to their children on keeping themselves safe and acting responsibly in cyberspace, is invaluable.

**Breen Mackney**

Hello all. This year has had a hectic start. There are a great number of activities occurring within the school to enable students to achieve their personal best. These activities are thoroughly researched by staff and take a great deal of time to organise; developing and reviewing risk assessments, arranging transportation, permissions and taking payments, often with tight deadlines. Permission notes and payments all have a final date noted. Already this year, a number of students have been disappointed because they thought they could show up on the day to hand in permission notes and payments before stepping onto the bus. Sadly for them they found they were not permitted to attend their chosen excursion. To save disappointment, please read all information and permission notes carefully and comply with the due date. If you are experiencing difficulty in making payment by the due date please contact the school either by phone or a note explaining this and the school will be able to work with you to ensure that your child does not miss out.

We are still experiencing a great deal of difficulty with students who cannot survive a whole lesson without continually checking their phones. Mobile phones, music devices like iPods are not to be used during class time. All phones and electronic devices are expected to be switched off in school bags during class time. Students who continually offend in this area will have their phones confiscated and stored securely in the Front Office for collection at 2.30 pm. For persistent offenders, parents will be asked to come to the school to collect the phone.

Students caught using phones in class often use the excuse that their parents are calling them or that they have had a call from work. All our students have been issued with a 2015 TRHS School Diary and Student Handbook that clearly outline our school bell and break times. Disruption to class time and student learning can be avoided by making contact with students only during breaks. This practice will also reduce the likelihood of students complaining to parents about their phones being confiscated for inappropriate use.

**Mark Green, Relieving DP**
** Diary Dates **

**TERM 1 WEEK 6B**

**Monday 2 March**
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**Tuesday 3 March**
- Yr11 Physics excursion to Dreamworld

**Wednesday 4 March**
- FNC Open Hockey Trials @ Murwillumbah

**Thursday 5 March**
- NC Swimming Carnival @ Lismore
- Yr12 Textiles Workshop excursion in Sydney (til Sunday)
- ‘Jigsaw’ Motivational Media presentation

**Friday 6 March**
- Yr6 Sports Taster Day
- FNC U15 & Open Rugby League trials @ Kingscliff HS

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**TERM 1 WEEK 7A**

**Monday 9 March**
- NC U15 Netball Knockout final @ Arkinstall Park

**Tuesday 10 March**
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**Wednesday 11 March**
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**Thursday 12 March**
- Vaccination program for Yrs7 & 9 begins

**Friday 13 March**
- **Shave for a Cure** – 10.30am in the quadrangle.
- Yr 7-10 ATP classes - Science excursion to Kingscliff HS (11.30-2.30)

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**SRC Report**

The SRC would like to thank everybody for their support on Valentine’s Day, we raised approximately $300.

The year 7 disco has been postponed and the new dates will be announced once decided.

**Shave for a Cure** is fast approaching and we encourage anyone wanting to contribute to seek out an SRC member.

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**Principal's Quality Work Award**

**Year 10**

Principal’s Office – Mrs Conroy

Celine OGG

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**KYDD Food at the Canteen**

**Term 1**

**Week 6**
- Monday - Bucket of wedges with salsa, sour cream and cheese $3.50
- Tuesday - Baked potato topped with Mexican beef and cheese or vego $4.00
- Wednesday - Meal Deal - a focaccia and a paddle pop $5.00
- Thursday - Pasta bolognaise or vego $4.00
- Friday - Macaroni cheese $3.00

**Week 7**
- Monday - Pasta carbonara or vego $4.00
- Tuesday - Mild curry chicken and rice or vego $4.50
- Wednesday - Meal Deal - a burger & a juice poppa $5.00
- Thursday - Mild chilli con carne and rice $4.50
- Friday - SHAVE FOR A CURE DAY - check canteen for the daily special

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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
On Thursday 5\textsuperscript{th} March a 3 DVD synchronised multi image event, that will both challenge and inspire, has been arranged for students to view, in the Hall, for Years 7 – 12. It is entitled ‘JIGSAW.’

‘JIGSAW’ is a presentation that contains powerful images and messages about the value of a supportive and encouraging environment. Stories relating to drugs and alcohol and the impact this can have on one’s life will be presented. ‘JIGSAW’ will empower and challenge students to think about their decisions and their future. The program will complement the PDHPE syllabus, Drug & Alcohol Education, Leadership, Values Education and TRHS Mentoring program.

‘JIGSAW’ is about taking back control of our own lives and shaping our own destiny by making decisions about what actions to take to shape the community we live in.

We want to see our young people making positive, life changing decisions that will allow them to embrace life with confidence and set goals that are achievable.

The school will meet the cost of the presentation. The viewing schedule will be communicated to the students.

If any further information is required regarding the information provided, please don’t hesitate to contact me.

B. Mackney
HT WELFARE
Earth Learning presents
Dr Karl
Kruszelnicki
‘Great Moments in Science’
Friday 13th March 2015
7pm (NSW)
Kingscliff High School
Multi Purpose Unit
Adults $10  Concession $5
All welcome to this not for profit fundraiser
to help restore Tweed riverbank & biodiversity.
www.earthlearning.org.au

Supported by:

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Contact Simon Beck
0412 367 222
simon.beck@freshestateagents.com.au
freshestateagents.com.au

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YEAR 7 VACCINATIONS

Who?
Boys and girls

Why?
Each year NSW Health works in partnerships with schools to offer the vaccines recommended by the National Health and Medical Research Council for adolescents as part of the school vaccination program. Vaccinations save lives and help to eradicate many diseases.
- Gardasil (HPV)
- Boostrix (diphtheria, tetanus and pertussis)

When?
Thursday 26th March, 2015

Where?
Students will attend school as normal, apart from their scheduled time to attend the school clinic.

Consenting to vaccination
Information kits will be distributed to parents/guardians. To consent to the vaccination:
- Read all of the information required
- Complete the consent form
- Return the completed form to the vaccination box at the Front Office
- Ensure that your child eats breakfast on the day of the vaccination

Withdrawal from vaccination
Parents who wish to withdraw their consent may do so by writing to the school Principal or by phoning the school. The procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation

Ms Cowan
(Vaccination Coordinator)

SOME OF TRHS REPRESENTATIVES AT FAR NORTH COAST SWIMMING CARNIVAL

Travis Coleman (2nd from left)
Tarah Smith (left) Shiana Lewis (right)
Jazmine Cooke
Premier’s Reading Challenge 2015 has started in Tweed River High School Library. Make sure you list any book read on your yellow reading log sheet.

Many of our Year 7 students are enjoying the Library in their break times. Chess and Scrabble games are in high demand.

A reminder to students with outstanding textbooks from 2014 & maybe earlier, please return any outstanding resources to the Library, these resources are urgently required.

Senior students should now be planning their study regime, good time management. Seeking help before a crisis will make your final years a lot less stressful.

Our Norta Norta team on the mezzanine level of the Library is a great resource. Make sure you come in and see them for some great learning tips.

The NSW Students Online website is a must for all senior students. It contains information about your study from Year 10 to the HSC.

Find at http://studentsonline.bos.nsw.edu.au/

A wide range of Study Guides are now available to borrow from our senior collection, located in the senior area of the library.
Writers Wanted
$1000 cash & your choice of a...

Apple iPad Air
32GB

or

Xbox One

or

10.1" Samsung Galaxy Tab 4
16GB + 64GB SD memory card

or

Playstation 4

The Competition
Entry is NOW OPEN in the 2015 Schools Writing Competition. Students all over Australia are invited to enter their Poems or Short stories, and battle it out for the great cash prize on offer. This year - there is no theme! Students are encouraged to let their imaginations run wild and get their creative juices flowing to write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter - Kindergarten to Grade 12.

Enter online at www.write4fun.net OR email to enter@write4fun.net OR fax to (07) 5574 3644 OR post with entry form details to Write4Fun P.O. Box 2734, Nerang SC, QLD 4211. Entry is FREE and all entries must be in by Sunday, 29th March 2015.

The Book
Poems and short stories entered into the competition will be considered for inclusion into our 2015 Write4Fun anthology.

Those selected will have the opportunity to purchase the edition at a discounted rate. 1st, 2nd and 3rd prize winners will receive a complimentary copy of the book. "We are very excited to be sponsoring this competition," stated Julie Wooll, Managing Editor for Write4Fun. "Reading and writing seem to be taking a back seat these days to computer games and evolving technology. Our hope is that competitions such as these inspire the students to be creative with words once more and have fun doing it.''

The Prize
Poetry Prize
1st: $1000 CASH, $500 to YOU & $500 to YOUR SCHOOL! And YOUR CHOICE of an Xbox One or PlayStation 4 or 10.1" Samsung Galaxy Tab 4 (16GB + 64GB SD memory card) or Apple iPad Air (32GB)
2nd: $500 CASH + Write4Fun Gift Pack
3rd: $150 CASH + Write4Fun Gift Pack
15 x Runners: Write4Fun Gift Pack

Short Story Prize
1st: $1000 CASH, $500 to YOU & $500 to YOUR SCHOOL! And YOUR CHOICE of an Xbox One or PlayStation 4 or 10.1" Samsung Galaxy Tab 4 (16GB + 64GB SD memory card) or Apple iPad Air (32GB)
2nd: $500 CASH + Write4Fun Gift Pack
3rd: $150 CASH + Write4Fun Gift Pack
15 x Runners: Write4Fun Gift Pack

The Rules
• Only one entry per student - either a Poem OR Short Story.
• Entries to be typed or neatly handwritten.
• Poems must not exceed 15 lines and Short Stories must not exceed 500 words.
• Entries must be in by Sunday, 29th March 2015.
• Entries must be the original work of the author.
• Co-written entries will be disqualified.
• Entry form details must accompany each entry.

Enter Online: www.write4fun.net or Email To: enter@write4fun.net • Mail To: Write4Fun P.O. Box 2734 Nerang SC, QLD 4211 • Phone: (07) 5574 3622 • FAX: (07) 5574 3644 • www.facebook.com/Write4Fun
Congratulations to the Open Boys and Girls Basketball teams who recently played in the first rounds of the Knockout competition. They unfortunately have not progressed through but 2 of the boys have been selected in the Far North Coast team which is a great achievement.

Congratulations also to all the students who attended the U15 Far North Coast Touch trials last week. As usual Tweed River dominated the games and the selections, with 9 girls being selected and 2 boys. Good luck at the North Coast trials!

Two weeks ago we had our School Swimming Carnival which again was a great success. There was lots of fun had during the day by all who attended and plenty of competitive spirit shown by our top swimmers. Those students competing at the top level went on to swim at the Far North Coast carnival a week later and did the school proud, with many of them placing in their races. A big congratulations must go to Burgess house who were the champions on the day of our school carnival. Well done guys and we in the Morgan team will be fighting hard to beat you next year.

There is plenty of sport coming up for the remainder of this Term and into Term 2. So make sure you have a keen ear when listening to the Yanalinga messages in roll call so you can get all the required information if you are interested in joining a team/sport.

Yours in Sport
Mr C Swaddle
Rel. HT PDHPE
IT'S FREE!

Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

NORTHERN NSW CLINICS Phone: 1300 651 625
Tweed Heads, Pottsville, Murwillumbah, Mullumbimby, Ballina, Goonellabah, Casino, Nimbin, Maclean, Grafton, Yamba
Mindfulness Course for Parents

If you are a parent of a child or an adolescent with a psychological, behavioral or developmental difficulty, this course is for you!

‘Mindfulness’ refers to the practice of being attentive to the present moment in a focused, non-judgmental and open-minded manner. Mindfulness has been used therapeutically as a coping tool to better manage symptoms associated with all types of emotional distress including anxiety, depression and stress.

This 5-week course will use practical mindfulness-based exercises to help you develop new coping skills for dealing with the stresses associated with being a parent.

Starting Date 2015
5 consecutive Monday mornings
10.00am – 12.00pm (NSW time)
2nd March – 30th March
Cost $25 (negotiable)

Contact Details
For further information, or to secure a place in the course, please contact
Ayla Garlick on 0448559968
Northern Rivers Social Development Council,
Reconnect Program