**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.

**Assembly 9th March**
Mr Les Taylor, on behalf of the Tweed Heads Coolangatta RSL Sub Branch, presented a miniature canvas of the TRHS contribution to the mural that has been painted in the Sub Branch rooms and also a flag display unit for our use on ceremonial occasions.

**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
Welcome to Year 7
Last Thursday evening we officially welcomed our new Year 7 students and their parents to the Tweed River High School community with our annual SRC Disco and ‘Meet the Teachers’ evening. I would like to thank Mr Wood and the SRC students for their organisation of the Hawaiian themed disco; which I can confidently say was enjoyed by all. I would also like to thank Mrs Gordon, Mrs Mackney and the senior hospitality students for catering and serving a light supper to the Year 7 parents.

Unfortunately, fewer parents attended this year, possibly as a result of the necessity to reschedule due to the storm. For those parents who were unable to attend, I hope to meet with you next week at the parent/teacher interviews.

Future directions
We are currently in the midst of finalising our new school plan, which will outline our directions for the next three years and beyond.

Our focus on becoming recognised as a Marzano High Reliability school is the basis of this plan and to this end, I attended the annual High Reliability Schools summit this week, along with Terese Walker, our Senior Administration Manager, and two parent representatives; Joe Ogg and Rebecca Boxsell. In order to achieve high reliability status it is vital that staff collaborate to bring about school improvement, but also that we work with our parents and students to strengthen our teams and work towards common goals. The Professional Learning Communities (PLCs) being implemented this year form the basis of our collaboration towards improvement and I will be inviting interested parents and students to join a PLC in the second half of the year.

The PLC groups for 2015 are:
* School promotion and communication
* Student wellbeing
* Positive behaviour
* Systems (Policies and procedures)
* Facilities and Resourcing

I would like to draw your attention to the fact that sport is compulsory for all students to the end of Year 10. I have become increasingly aware of students who do not attend sport on a regular basis. I realise that it is hard to get appointments for doctors, dentists etc. but when Mr Mackney and I sign leave passes for approximately 30 to 40 students each Wednesday it is concerning. I have also been aware that some students who receive leave passes are not going out of school for a valid reason but to go to the beach or get their hair done.

I would respectfully ask that if at all possible parents seek appointments for your children after 2.30 pm each day and especially not in sport time. This then allows their schooling to proceed uninterrupted. For the parents of students who do not regularly attend sport this gap in their attendance is noted as it is counted as part of the DEC Mandatory school attendance.

Next week there is another opportunity for parents to work with staff to support student achievement. Parent Teacher interviews, or conferences if you prefer, will occur next Tuesday in the SEC for all new students as well as Year 7 and Year 11 parents and students. Bookings are made online – the details can be found inside this newsletter. Staff really appreciate parents taking the time to engage with their child’s education and research shows that where the school, parents and students work together the best outcomes are achieved.

The interagency program to improve school attendance is progressing across the local community. DEC staff are working with Police and those local businesses often frequented by students in a very practical way to encourage students to be in class when class is on. Please support those local enterprises who are supporting the education of your children. They can be identified by the Leave Pass posters they have agreed to put up in their shops. These businesses have agreed to refuse service to students wearing school uniform, who are not in the company of a parent, and who aren’t carrying a current Leave Pass.

Unfortunately not all businesses often frequented by students have agreed to support a community based program to improve school attendance at Tweed River and parents can draw their own conclusions as to why that might be the case.

Year 12 students should be focused on their examination preparation by this time. Examinations commence in week nine and the assessment free period commences in week eight – next week.

Ms Leisa Conroy

I would also like to remind parents and students that aerosol spray cans like deodorants and hairspray are banned in all schools in NSW. We do have students who have very severe reactions to these substances and the random spraying of these can have very serious results. Further to this all energy drinks are also banned in schools eg Red Bull, Mother and V drinks. Students found with these will have them confiscated and they will be disposed of. Please encourage your children not to buy them not only because they will lose money but because of the inherent serious health risks associated with the consumption of these drinks.

On a more positive note it has been great to see Ms Alford handing out many sports awards for our students who have participated in a variety of sports. Well done to those who continue to excel in their chosen sports. It is important to remember that for a child to succeed in life they not only have to participate in their studies but they also need to participate in some form of physical activity whether competitive or social and a healthy diet is equally as important as completing their school work.

Mr Breen Mackney
Mr Mark Green, Relieving DP

* High performance
* Support and transition
* The Art and Science of teaching
* Assessment and curriculum mapping
**Diary Dates**

**TERM 1 WEEK 8B**

**Monday 16 March**
- 

**Tuesday 17 March**
- Yrs 7, 11 & new students – Parent Teacher Interviews. 3.30-6pm

**Wednesday 18 March**
- 

**Thursday 19 March**
- Year 7 2016 Welcome & Information Evening fin 6pm

**Friday 20 March**
- 

**TERM 1 WEEK 9A**

**Monday 23 March**
- Yr12 Half Yearly Exams

**Tuesday 24 March**
- Yr12 Half Yearly Exams

**Wednesday 25 March**
- Yr12 Half Yearly Exams

**Thursday 26 March**
- Yr 7 Vaccinations
- Yr 12 Half Yearly Exams

**Friday 27 March**
- Yr 12 Half Yearly Exams

**SRC Report**

A big thank you to everybody involved in the Year 7 Disco, it was an amazing night.

The SRC has its annual ‘Shave for a Cure’ fundraiser coming up, and to get everyone interested I’ve written a little poem.

Violets are blue
Roses are red
Shave for a cure is a great cause
so come shave your head
- Jordan Carroll age 15

As you can see I’m somewhat of a Shakespeare, but don’t let the elegance of the piece detract from the statement. On Friday the SRC will be hosting a shaving extravaganza with both teachers and students shaving their heads. All money raised will go to the Leukaemia Foundation. Have a good week.

**Principal's Quality Work Award**

**Year 7**
- Principal's office – Mrs Conroy
- Max O’NEILL; Tamika PERANDIS; Brin RILEY; Olivia ROMBO; Shayla ROWLINGS; Eli TAYLOR;

**Year 9**
- HSIE – Mrs Wolthers
- Tayla ROGERS

**KYDD Food at the Canteen**

**Term 1**

**Week 8**
- Monday - Bucket of wedges with salsa, sour cream and cheese $3.50
- Tuesday - Stir fry noodle with chicken or vego $4.50
- Wednesday - Meal Deal - a burger and a juice poppa $5.00
- Thursday - Beef or bean burritos with rice salsa and cheese $4.50
- Friday - Lasagne $4.00

**Week 9**
- Monday - Pasta carbonara or vego pasta $4.00
- Tuesday - Fried rice $3.00
- Wednesday - Meal Deal - a focaccia and a paddle pop $5.00
- Thursday - Lasagne $4.00
- Friday - Mild butter chicken and rice $4.50

**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
National Assessment Program – Literacy and Numeracy 2015

LETTER TO PARENTS

In May 2015 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child’s level of achievement. Each student’s level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student’s right to privacy is maintained.

The NAPLAN tests will be conducted from 12-14 May 2015.

<table>
<thead>
<tr>
<th>TUESDAY 12 MAY</th>
<th>WEDNESDAY 13 MAY</th>
<th>THURSDAY 14 MAY</th>
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<tbody>
<tr>
<td>Language Conventions (Spelling, Punctuation and Grammar)</td>
<td>Reading</td>
<td>Numeracy</td>
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<tr>
<td>Writing</td>
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In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 15 May – A ‘catch-up’ day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student’s normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child’s participation in NAPLAN.

Additional information about NAPLAN can be found at www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html.
5th March, 2015

Years 7, 11 and New Students - Parent Teacher Interviews
will be held in the school SEC (G Block) from
3.30pm – 6pm on Tuesday 17th March, 2015

You can now book interviews at times that suit YOUR FAMILY BEST. Just follow these simple instructions.

Online bookings close Tuesday 17th at 9am

Online bookings can be made from the Parent Portal page of the School Website or by using the following address and completing these easy steps:

http://www.schoolinterviews.com.au

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time, and change your

Parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, may send a note to school with the approximate times they require, or phone the school on 5524 3007 for assistance.

With 48hrs notice; the interviews will be arranged for you and a printout of times supplied to your child when they present themselves at the office. Interviews are strictly 6mins and spaces are limited.

If you require more time, please contact your teacher directly to make alternative arrangements.

Parents wishing to change their interview times after the closing date (February 17th – 9am), should contact the school office directly on: 07 5524 3007

Staff may contact parents to arrange an interview where it is seen as important to a student’s progress.

WE LOOK FORWARD TO HAVING A CONVERSATION ABOUT YOUR CHILD’S PROGRESS
Whooping Cough (Pertussis) Alert

There has been a recent confirmed case of whooping cough (pertussis) in a member of the Tweed River High School community.

Coughing spreads the infection to others nearby. Whooping cough caught at school can spread to any other members at home. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

What should people sick with pertussis do?
Pertussis is readily spread from an infected person to others by coughing and sneezing. If left untreated, it can be spread for up to three (3) weeks after the start of the infected person's cough.

Do not attend work, school or a childcare facility if you or any household members:

- Have a cough as described above. Please see your doctor.
- Are being tested for whooping cough by your doctor and waiting for test results.
- Are being treated with antibiotics for whooping cough for at least five (5) days after starting the medicine

Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it’s a good idea to check that they are up to date with their vaccines. For further advice, please call the Public Health Unit 1300 066 055 or NSW Health website

The Tweed Hospital Auxiliary will be holding a Market Day at Noble Park Lakeside Village, Monarch Drive, Kingscliff on Friday 10 April from 8.30am to 1.00pm.

There will be various stalls including Cakes, Preloved Clothing, Toys and many more. There will be a raffle which will be drawn on the day and a lucky door prise. Morning Tea will be available.

All monies raised goes to the

Tweed Hospital Auxiliary
to purchase equipment for the Tweed Hospital.

Come and join us for a fun day.
SLS BRONZE/SRC COURSE

Coolangatta SLSC is starting a Bronze/SRC course on Sunday 22nd March starting at 10am (9am Qld time) and training Sunday mornings for approximately 8 weeks with an expected assessment date being 17th May. To complete the Bronze medallion you need to be 15 years of age at the date of the assessment and complete a 400m pool swim in 9 minutes or less. To complete the Surf Rescue Certificate (SRC) you need to be 13 years of age at the date of assessment and complete a 200m pool swim in 5 minutes of less. If you are interested in becoming a member and completing these awards please contact Belinda Doman for more information on 0438 204 479 or cto@coolangattaslsc.com.au
It has been a very busy start to the term with many students out representing the school and competing in school sport carnivals. Here are some of the results from the past few weeks:

- Travis Coleman (Year 12) placed 13th in NSW at the NSW All Schools Triathlon in Sydney – a fantastic result!!
- U15 Netball team were runners-up in the North Coast Final – it was the third year running that our school has made the U15 NC Final!
- Dainton Hickey was selected in the U15 FNC AFL team
- Tahnie Lipponen, Sophie Watson, Brooklyn Freer, Travis Coleman, Chelsea Wilson and Talanie Louis represented the school at the North Coast Swimming Carnival in Lismore – with the first 3 girls named progressing to the NSWCHS Swimming Carnival in Sydney. Congratulations!
- 4 students selected in the Northern FNC Open Girls Soccer team – well done to Caitlin Mison (who also progressed to making the FNC team), Jade Harrison Kitchener, Brydie Hall and Kiana Johnson.
- Once again a number of our students were selected in the FNC U15 touch teams, including: Isaac Moloney, Tamika Perandis, Brodhi Avis, Vannessa Smallwood, Tawana Togo, Hine-Rei Berryman, Paris Sinclair and Lilee Attenborough-Doyle.
- Jalen Riley, Brenton Daley-Holten and Logan Miria all made the U15 FNC Rugby League team – a wonderful effort for the boys!
- Our School Swimming Age Champions were named for 2015. Congratulations to the following students:
  - 12 years girl – Brooklyn Freer
  - 12 years boy – Bayley Cox
  - 13 years girl – Sophie Watson
  - 13 years boy – Kirra Katano
  - 14 years girl – Shiana Lewis
  - 14 years boy – Lachlan Taylor
  - 15 years girl – Tahnie Lipponen
  - 15 years boy – Matthew Lewis
  - 16 years girl – Keeley Perandis
  - 16 years boy – Yuri Capper
  - 17-19 years girl – Chelsea Wilson
  - 17-19 years boy – Travis Coleman

With all of this success we also have more events and trials coming up! Watch out for:

- Tuesday 17th March – FNC Open Netball trials at Arkinstall Park 10am start
- Wednesday 18th March – U15 NC Touch in Coffs Harbour
- Friday 20th March – NC Soccer
- Tuesday 24th March – Open Boys and Girls Knockout Soccer competition in Murwillumbah

Yours in Sport
Ms J Alford
Sports Organiser 2015
Out & About at the Year 7 Disco

Take a Fresh approach

Simon Beck | Kylie Beck
T: 1300 937 039
M: 0412 367222
E: simon.beck@freshestateagents.com.au
E: kylie.beck@freshestateagents.com.au
freshestateagents.com.au
Out & About at the Year 7 Disco
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)
SCU 2015 
Engineering 
Photo 
Competition 

Entries open 1 March – 19 June 2015

PRIZES TO BE WON!

The theme for the SCU 2015 Engineering Photo Competition is Mechanical Engineering. We are looking for entries to display an element of intrigue, originality or a striking mechanical engineering observation.

Mechanical engineering plays a central role in such industries as:

• automotive (from the car chassis to its every subsystem), aerospace, automotion and robotics;
• computers and electronics;
• manufacturing and biotechnology;
• energy conversion (gas, wind, solar, hydro-electric, fuel cells);
• environmental control (air-conditioning, refrigeration, compressors).

There can be great beauty in mechanical engineering. The Falkirk Wheel in Scotland is a prime example of an engineered structure that captures both beauty and function as is The Dish, the 64m Parkes radio telescope in the central west of New South Wales, Australia.

For competition prizes, terms and conditions, and online entry visit scu.edu.au/engineeringphotocomp

To review all photos submitted in the competition, visit facebook.com/southerncrossuniversity

**Supported by:**

Odd Shot

Photography by Trevor Farrell

Southern Cross University

School of Environment, Science & Engineering
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 prizes on offer. This year, entries are open to ALL STUDENTS aged from Grade 1 to Grade 12.

Enter online at www.write4fun.net OR email to enter@write4fun.net OR fax to (07) 5574 5644 OR post with entry form, details to Write4Fun P.O. Box 2734, Nerang DC, 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 in 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," said Julia Woods, 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

1st $1000 CASH ($500 to YOU & $500 to YOUR SCHOOL) AND YOUR CHOICE of a: Xbox One or PlayStation 4 or 10.1" Samsung Galaxy Tab 4 16GB + 8GB SD memory card or Apple iPad Air 32GB

2nd $250 CASH + Write4Fun Gift Pack

3rd $150 CASH + Write4Fun Gift Pack

15 x Runners-up 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 DC, QLD 4211 • Phone: (07) 5574 3622 • FAX: (07) 5574 3644 • www.facebook.com/Write4Fun
ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS

IT’S FREE!

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

CALL TODAY

NORTHERN NSW CLINICS Phone: 1300 651 625
Tweed Heads, Pottsville, Murwillumbah, Mullumbimby, Ballina, Goonellabah, Casino, Nimbin, Maclean, Grafton, Yamba
2014-2015
Family Energy Rebate

Apply before Midnight
16 June 2015

$150* TOWARDS ENERGY BILLS

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

• Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer

• Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:

• Be a NSW resident; and

• Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and

• Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:

• Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?

• Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

• ONLINE – it takes just two minutes to submit an application. Processing starts immediately.

• PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
Free two day workshop and information sessions for parents and carers of school age children on the autism spectrum

Workshop: 2015NSWPC3  Location: Tweed Heads

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you learn?

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
  - advocate for your child
  - support your child’s participation at school
- Develop an awareness of ongoing learning needs
- Receive information about your local school system’s processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

Workshop details

Venue: Twin Towns Clubs & Resort
Wharf Street, (Cnr Boundary Street), Tweed Heads NSW 2485

When: Two day workshop – Tuesday 24 & Wednesday 25 March 2015
Day 1: 9.00 am - 4.30 pm (Registration from 8.15 am)
Day 2: 9.00 am - 3.30 pm

Registration available from Monday 16 February 2015 and closes two days prior.
We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet. Return the completed form to:
Email: parentcarer@autismspectrum.org.au
Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087
Fax: 02 9451 0861

Phone the Positive Partnerships Infoline if you have any enquiries: 1300 861 971

The Positive Partnerships Initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.
Recre8 Bush Adventure Therapy Program

Recreating Lives Through Recreation

Are you a supporter or carer of a young person who is looking to make positive changes in their life?

The Recre8 Program is for 14-19 year old young people in the Northern Rivers NSW and Southern Gold Coast regions. Based around a ten-day adventurous expedition, it is an early-intervention option for young men and women who want to work through challenges they may be facing at home, at school, and in their community - to build a better life for themselves. It utilises Narrative & Bush Adventure Therapy to help disadvantaged and at-risk young people rewrite their story for a more optimistic outlook.

Why Bush Adventure Therapy?
The program has at its core an exciting and challenging wilderness journey. But there is a deeper therapeutic process beyond this. Participants will be guided and supported to reflect on their lives, come to know themselves more deeply, and develop goals and strategies for creating a fulfilling and positive future.

The experience itself is a chance for young people to re-write their life’s story - a process that is facilitated within a Narrative Therapy framework. When challenges are overcome, inner strengths can be discovered and brought to the fore of one’s sense of self. There are many and varied opportunities for intensive individual and group counselling, as well as times for quiet introspective work through guided processes.

The expedition’s unique combination of activities and counselling provides a non-threatening context that promotes self-esteem, independence, maturity, resilience, teamwork, and optimism. This program has demonstrated outcomes, with our research showing Outcomes from our programs are consistent with encouraging research findings in the field and show significant improvements in participants’ levels of motivation, school performance, social confidence, and a reduction in drug and alcohol use and high-risk behaviours.

How will the program be run?
Beginning with a thorough application and assessment process, participants join us on a 2-day Preparation Camp experience, giving them a chance to meet the team and other young people, and prepare for the journey. A few weeks after we depart on a 10-day expedition, including hiking, canoeing and camping. Participants are supported to be self-sufficient,
managing their own rations and gear, whilst working within a team context to successfully complete the journey. After the expedition, we maintain follow up contact with participants, families and communities to ensure progress is supported. A reunion day is held about 8 weeks after to create an opportunity for reconnection, celebration, review and reinforcement.

More about the Recre8 team:
At least three staff are engaged on the program team, including a Team Leader (registered Psychologist with outdoor recreation experience), a Counsellor (therapist with outdoor training), and an Outdoor Adventure Guide (registered outdoor guide with youth work experience). Our team is mixed gender and we frequently utilise additional interns and volunteers. The upcoming Recre8 is a collaboration between the INTRA Youth Service (the drug and alcohol outreach service of The Buttery www.intra.org.au), and Human Nature Psychology. Guide, logistics and ground support provided by Outward Bound @ Inter-Action.

What is the financial contribution requested?
The Recre8 Program is run by a coalition of not-for-profit organisations who are dependent on having adequate funds for each participant in order to continue to run the program. We have received some funding for places on the 2014 Recre8 Program, but request that organisations and individuals make a contribution on a means basis to help cover the significant costs incurred in such an intensive program. For each young person commencing the program, we are looking to cover an expense shortfall of around $1,800, which includes food, gear, staffing, support and program logistics. While this figure may seem substantial, it is a small proportion of the total cost of the program (the remaining costs are subsidised by INTRA and sponsoring organisations). Where funds are limited, please contact us to discuss sponsorship options - **we will not turn away participants due to inability to pay**.

Where will Recre8 be held?
The Preparation Camp will be held at Mebbin Springs near Uki, NSW, in the Mt Warning Caldera. The expedition itself will be held in the headwaters of the Clarence River, near Tabulum, NSW, in a wilderness area in the rugged Great Dividing Range.

**Important Dates:**
- **Phase 1:** Applications close: April 1, 2015
- **Phase 2:** Preparation Camp: April 24-25, 2015
- **Phase 3:** Expedition: May 18-27, 2015
- **Phase 4:** Reunion: July 24, 2015

**Program Enquiries:**
ANDY HAMILTON
Human Nature Psychology
0438 323 510
andy@humannature.net.au