Swim Carnival
see inside for more photos

ROSES FOR VALENTINES

SRC will be giving out Roses for Valentines Day on Wednesday 19th February, during roll call.

Tweed River High School
Innovation, Opportunity and Success

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

P&C Association

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

Next meeting
20th February 2014

UNIFORM SHOP

Open
Every Tuesday & Thursday
8.00am - 11am
(Located next to the Canteen)

Co-ordinator - Kerry Lee
Principal’s Report

School "drop off" area

Following the submission of a traffic report to council and subsequent meetings, we have been notified that the existing bus zone signs on Heffron West street of the pedestrian refuge will be altered to read "No parking" during morning school hours 8-9.30am and will remain a "Bus zone" from 2.30-4pm. This represents a distance of approximately 80 metres in which parents can drop their children off in the morning. However, drivers cannot exit the vehicle at any time in this zone. We are aware with this outcome as it provides a much safer morning arrangement for students.

However, please DO NOT use this area to drop your children off until the signs have changed or you will continue to incur a fine.

Swimming carnival

Last Thursday Miss Alford co-ordinated the annual school swimming carnival, which was an outstanding success. I would like to thank Miss Alford and the staff and parents who assisted her in the running of the event. I was extremely impressed with the leadership of our Year 12 students, who led by example and encouragement, showing their commitment to the TRHS value of teamwork.

Congratulations to all who participated on the day and to the students who will progress to the Zone competition.

Welcome to Year 7 Disco.

I would like to remind year 7 students and their parents that we have our annual Welcome Disco this Thursday, along with an opportunity for parents to meet their children’s teachers in an informal gathering. I look forward to meeting our new parents and urge you to take the opportunity to attend the P&C meeting also held on this evening. Our P&C are a small, but dedicated group of parents who meet monthly and support the education of our students through fun fundraising.

Leisa Conroy, Principal

Deputy Principal’s Report

I started at Tweed River High in Term 4 2005. Stating the obvious, I have seen many changes. Physically, a 4.2 million dollar upgrade and academically where the staff have risen to the challenges of meeting the academic needs of our high performing students through the extremely successful ATP program and at the same time catering, through the Jumpstart and Work Ready pathways, for the challenges placed on schools everywhere by meeting the needs of students who are compelled to remain at school till they are 17.

If you were to ask what were my main achievements you would be surprised. The first, and people will find this hard to believe as a Deputy, is rescuing lost souls. Those students who, while in my charge have spent a great deal of time with me because of their behaviour, students who I have suspended numerous times. I count it my greatest achievement when I see these students grow into young men and women who succeed at school and life in general. I never believe that a student can’t be saved. Interestingly, out in the community the students and ex-students that speak to me are usually the ones that have given me and the school the greatest grief. They take great pleasure in telling me how they have succeeded in life. Of course you can’t have students without parents and although there have been times when we have not seen eye to eye I would like to thank the parents of Tweed River and the support they have given this school.

The second achievement I only discovered by chance. Every year I analyse the HSC results. Low and behold every Year 12 exam that was written did well in comparison to other Years. Maybe I am stretching the connection a bit but I will take it as an achievement.

Two years ago I went to the USA and visited schools. While in these schools I learnt a valuable lesson about recognising staff effort and achievement. I thank every staff member individually, I don’t hesitate in thanking the Principal, Ms Conroy and the staff, acknowledging the numerous extended hours that many teachers put into helping the students. I will personally thank those people closest to me during my last week. It would be also very true to say for any school that the ancillary staff are the glue that hold the school together. Terese and her team of staff are as professional and as dedicated as they get.

There is an old saying for Deputies, “never upset the General Assistant” and I won’t. Allan 60an has been the GA for over 15 years, he was passionate about his work and I would like to thank him and Damian for the time they have dedicated to ensuring the school runs smoothly.

So if you haven’t guessed, this most likely will be my last newsletter. I have decided to take two terms off and probably won’t return. I have decided to become a student again and will be completing a diploma of IT at Kingscliff TAFE and then seeing what life throws up to me. I doubt that I will be back but then again...

Craig Clement, Deputy Principal

I’d like to take the opportunity at this time of year to remind parents and students about the use of mobile devices at school. While the school would prefer students not bring mobile phones to school, staff understand that many engage in a wide range of activities outside school hours and parents (taxi service) need to be able to contact them on such occasions. However, it is important that parents and the school work together to support your child’s safety and learning. The school’s duty of care to your child includes supervising them during the school day and safely transport home at the end of the day. The school has processes in place to do this.

Parents need to be aware that the correct process for contacting students at school is to call the office. Your child will be paged to the office at the appropriate time and parents can then sign them out of school. The school appreciates parents being organised with students presenting a detailed note before school or for follow up, or requesting and taking unavoidable leave during the school day.

Contacting students directly by mobile phone at school can cause significant issues for both the school and your child. Parents calling during class time, disrupt the flow of lessons for both their child and other students. Where parents call students to request they leave school for appointments, students often do not sign out at the office. As the school gate is not manned throughout the day the school is unaware the student is leaving or that they have left. The student is officially truanting classes. There are consequences for this and the matter will be followed up by staff. Also, in the event of an emergency the school may be unable to account for the whereabouts of your child causing significant stress for everyone. Please contact the office if your child needs to leave school during the day.

A note is an even better solution, as then the Deputy can issue a Leave Pass for your child.

The school rules on mobile devices are quite simple. Phones and mobile music devices are discouraged. Mobile phones and music devices (incl. head phones) are to be switched off and placed in school bags during class time. They may only be on when a teacher specifically indicates they are to be used in a learning activity. Students who repeatedly have phones out in class can expect the phone to be taken by the teacher until the end of the period or it may be stored at the office until the end of the day. The school can take no responsibility for phones or devices which are lost or damaged when students have them at school. Taking photos of others without their permission is not acceptable. Where students are suspected of having inappropriate content on their phone, the phone will be checked by executive staff in the presence of the student and if necessary held securely in the administration office. Sexting and the videoing and/or transmission of acts of violence in particular are against the law and where encountered will be referred to police for further investigation.

The absence of randomly operating mobile phones and music devices in classrooms assists students in being able to focus and participate in their learning for a full fifty minutes, while staff are able to support their learning without regular disruptions and disengagement. If you absolutely must have a phone at school, make it a “cheapie” no frills phone or text only device.

Mr Mackney
Relieving Deputy Principal
**TERMINAL A WEEK 5A**

Monday 24 February
- School Photographs catch-up day
- FNC Swimming Carnival

Tuesday 25 February
- Titans for Tomorrow Workshop – 1-2.30 (Yrs 10-12)

Wednesday 26 February
- Yr 9 Marine Swimming (P3-4)
- Yr 10 Marine Swimming (P4-5)
- Cybersafety – Yr9 (P3-4) Hall
- Yr 12 D&T Excursion Powerhouse Museum Sydney

Friday 28 February
- Yr 11 PDHPE Senior First Aid Course
- Yr 12 Maths 2U Excursion

**TERMINAL 1 WEEK 6B**

Monday 3 March
- Yr 10 & 11 Art Excursion

Tuesday 4 March
- 

Wednesday 5 March
- Yr 10 Marine Snorkelling Excursion
- Yr 11 PDHPE Senior First Aid Course

Friday 7 March
- 

**KYDD FOOD AT THE CANTEEN**

**Next week (week 5)**

- **Monday**: Chicken, salad and avocado wraps $4.50
- **Tuesday**: Lasagne $4.00
- **Wednesday**: Meal Deal—a focaccia and a paddle pop $5.00
- **Thursday**: RED DAY - fish n gems $4.50, potato gems $3.00, potato scallops $1.00, Chicko rolls $2.50 and healthy options available
- **Friday**: Chicken pesto pasta or vego pesto pasta $4.00

**Week 6**

- **Monday**: Wedges with salsa, sour cream & cheese $3.50
- **Tuesday**: Pasta bolognaise or vego $4.00
- **Wednesday**: Meal Deal - A burger & a small water $5.00
- **Thursday**: Burritos beef or bean with salsa, rice & cheese $4.50
- **Friday**: Mild chicken curry & rice or vego $4.50

**Volunteering Awards**

Congratulations to the following students who were awarded certificates on assembly on Monday for their supporting their school and communities through volunteering.

**Black Opal (150+ hours of volunteering)** - Lucas Catel & Braydon Clarke

**Diamond (80 hours of volunteering)** – Jared Barton, Emma Blanck, Zoe Boxsell, Ryan Chilton, Caitlin Cochrane, Jackson Cullen, Nina Green, Nikaila Hartley, Connor Hutchinson, Harpreet Kaur, Danielle Phillips, Montana Purchase, Jacob ribbons, Emily-Rose Russell, Chelsea Wilson, Nikeah Wyles-Togo

**Gold (60 hours of volunteering)** – Jana Capper, Taylor Chisholm, Travis Coleman, Keeley Dance-Wilson, Megan Edwards, Carly Graham, Kyle Handley, Demi Harm, Erin Hickey, Jannaya O’Neill, Jazzie Payne, Jaimie Semple, Christopher Sorensen, Andrew Watt, Kai Wilbur-Smith, Madison Wolfe

**Silver (40 hours of volunteering)** – Corey Allen, Adam Bailey, Shanina Denning, Georgia Ekstrom, Tayla Fuller, Ashley Gil, Livia Gmuer, Harrison Lawler, Alisha Neave, April Stoddart, Isaac Thiessen, Emma Vaughan, Jaimes Whear

**Bronze (20 hours of volunteering)** – Amber Byatt, Jasmine Duncan, Joshua Gearon, Christopher Opfer,
The SRC would like to thank everyone who came to the swimming carnival last Thursday. It was a great day and everyone who went had a lot of fun. We would like to congratulate everyone who made it through to the next round.

Valentine’s Day has passed but Tweed River will still be spreading the love with roses being delivered to roll calls on Wednesday the 19th. If you have already paid to have a photo done we will be having the photo booth up in Miss Alsop’s Art Room at recess and if you haven’t paid but would like to have a photo its just $1 at the door. The SRC will provide cute little props if you wish to have anything in the photo with you.

The Year 7 Disco is the next thing on our agenda, this Thursday 20th February. It is ‘Beauty and the Geek’ theme. Entry is $5 and you will receive a free can of drink and packet of chips. The disco is from 6.30-8pm and is a really great experience, you’ll get to have fun, dance around with your friends and admire everyone’s outfits - so please Year 7 get dressed up and come along to have a great night.

ZOE BOXSELL, PUBLICITY OFFICER

CONGRATULATIONS

To the Tweed River Opens Mixed team who competed in the Cabarita Charity cup on the 8th of February. The competition is run to raise money for disadvantaged youth in the local area. The day was a complete success with plenty of money raised and a lot of fun had by all participants. Well done to the Tweed River team who came top four and just missed out on a Grand Final berth losing to the team who eventually went on to win the final. It was a great way for the school to start the 2014 Touch calendar and I am looking forward to plenty of success this year.

Mr Swaddle
Our Year 7 and 9 students will sit NAPLAN this year on the 13th - 15th of May in 2014. Many students become quite anxious about exams. At Tweed River High School, our teachers will be working hard to prepare and support them. However, parents can also help to build confidence and at home. Jen McVeity creator of the Seven Steps to Writing and author of over 20 books presented her work to teachers and students at our school last year. Over the next few months, I will provide parents with some of her ‘quick tips’ so that you are better able to provide support for your child and help them improve their writing technique.

Do you want to help your child improve their writing?
USE THE SEVEN STEPS WRITING TIPS

Don’t just check the spelling! Authors use seven main techniques to make their writing interesting. So do join us for the Seven Steps ‘quick tips’ and fun writing ideas, for you to try at home.

Seven Steps Quiz

<table>
<thead>
<tr>
<th>How easy are the Seven Steps techniques?</th>
<th>Try our quiz on ‘The Bear Story’.</th>
</tr>
</thead>
</table>

**Step 2:**
Which story start is more interesting?
- a) I woke up that morning, got dressed and ate breakfast.
- b) The lock on the bear’s cage looked old, and the bear looked cross.

**Step 4:**
Which is the better dialogue?
- a) The teacher told us to stand back from the cage as the bear was growling loudly, but Jeremy didn’t listen.
- b) ‘Stand back,’ said the teacher, but Jeremy didn’t listen. Suddenly the bear growled loudly. ‘Jeremy!’ cried the teacher, ‘get away from the bear. NOW!’

**Step 5:**
Which sentence ‘tells’ and which ‘shows’?
- a) I was really scared.
- b) My heart was thudding loudly in my chest and brain.

See, simple isn’t it?
(Hint, answers are all (b)!)
Step 1: Plan for Success

If you got a dollar for every time you told your kids to plan their work, you’d be living on a tropical island now, right?

It’s hard to show people HOW to plan, so here’s a quick method. Good stories (like movies, books, poems and even jokes) are all planned – and they all have a similar structure. This is what it looks like.

1. Start with a bang - this usually has the main character in an action scene.
2. Back fill - the Who, What, Why is filled in while the action unfolds
3. The main problem is introduced
4. Complications and more problems. Things get very bad indeed
5. Tension scene where hero/heroine fights against incredible odds
6. Climax - incredibly, wonderfully they win!

Once writers know these basics, they have a SYSTEM to their planning - and this really improves their writing.

TOP TIP:
Think first, write second.
Draw yourself a graph like this one and plot your stories out BEFORE you start writing.

ACTION ACTIVITY:
Watch TV ads - you know the ones that 'tell a story.' In 30 seconds, some ads can create a start, tension scene and great ending, exactly like the story graph.

© Jen McVeity, author and National Literacy Champion www.sevenstepswriting.com

I hope you find these quick tips a useful and fun way to support your child. Next fortnight, Step 2: Sizzling Starts.

Tony Lambert
Head Teacher, Teaching and Learning

Banora Point Driving School
Setting Driving Standards
• 1st Class Driving Instructor
• One-to-one Learner Lessons
(1hr=3hrs for 120hr quota)
• Automatic & Dual Control Manual
• Accredited RTA Age Testing Examiner

Lic No 9809
Contact Brian
5524 7682
0412 363 392
The start of a school year is always busy and 2014 is no exception. A huge thank you goes to our 2014 Peer Support Leaders who assisted with Year 7 Orientation and to Mr Gennari, Year 7-Year Adviser. Your efforts and commitment deserve praise.

**What do WE want for 2014?**

Habits die hard, BUT, a few simple tips for ALL Students . . . .

- Go to school every day
- Complete homework & assessment tasks
- Check my timetable and diary before packing my bag
- Get involved in the activities
- Accept challenges
- Aim to do my **PERSONAL BEST**
- Seek help from: Teachers, Peer Support Leaders, Year Adviser, SRC rep, School Counsellor, Friends, Family.
- Have fun learning
- RESPECT others

What matters, is the EFFORT **you** make!

EFFORT counts, and EFFORT it seems can increase brain function.

Bronwyn Mackney
HT Welfare

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**Introducing**

**Ellie - The Support Dog**

In 2013 I was looking for ideas that we could use in the tutoring room to better meet the needs of the students who use our services. Being a dog owner all my life I already was a convert to the natural abilities dogs bring and how they can help us heal. I approached Ms Conroy with the idea and got “in principal” approval to have a school support dog.

After searching the NSW RSPCA website looking for suitable puppies, they had to be a large breed, calm nature, short haired and intelligent, we found 9 Labrador x mastiff rescue puppies that were 12 weeks old. We have since discovered that she appears not to be Mastiff but is actually Great Dane x Labrador so is going to be a very big girl as she is already 28kg.

Following the implementation of DEC policies relating to animals in School Ellie has now begun her school life at Tweed River High School. Her first day was a huge success with all the students that came into contact with her loving the experience and most commented that she was adorable and all wanted to see her again.

Mandy Schaefer
Norta Norta Tutor
2014 proves to be another exciting year of learning for our students in English. Premier’s Reading Challenge, Public Speaking, Debating, Writing competitions, Byron Bay Writers’ Festival and more!

Year 7 are settling into high school, maintaining friendships with many from primary school but also enjoying the opportunity to forge new friendships. In the English classroom the students have begun sharing their stories and getting to know each other in a relaxed and friendly environment. We have begun the Premier’s Reading Challenge with all our stage 4 students and consider this a perfect opportunity to develop skills in comprehension and literacy through reading widely. Ten minutes of every lesson is dedicated to silent reading. Conversations about student reading is ongoing. Parents and carers please talk to your child about their reading and encourage reading at home as well.

Our first unit of work for year 7 is about Representations of Self and explores the concept of identity - of how we see ourselves and how others see us. The unit also explores how sometimes representations can be misleading. Class work will include writing a letter and creating an avatar. The common assessment task for this unit will be a narrative written in class and will take place on March 4th. Students will be actively working towards this task in class and should also be refining their ideas and structure at home.

Year 8 students have also been enrolled in the Premier’s Reading Challenge for 2014. It is our aim to continue to build on students’ skills from year 7 and to nurture an appreciation and love of literature. Reading Logs will enable students to explore a range of ways of exploring and explaining their understanding of the texts and are part of class and home work.

Visual Literacy is our key focus for the first unit of the year. Through this unit students are able to investigate how meaning is constructed and represented in visual texts. The students will be given the opportunity to create their own photographic essays. In 2013 we had some truly amazing creations and we hope this year’s students can match or better those from the past year. The common assessment task for this unit is an analysis of an unseen text. A variety of short answer responses will enable students to demonstrate their understanding of visual literacy. This will be completed in class on March 4th.

Year 9 have begun their journey into ‘Imaginary Worlds’. In this unit students will develop an understanding of genre, be able to identify conventions of the genres and write creatively within the concept of imaginary worlds. These imaginary worlds can be drawn from fantasy, science fiction, speculative fiction and/or dystopias. Students will demonstrate their understanding through the creation of an effective narrative.
The narrative is the common assessment task and will be written in class on the 11th March. This will be excellent preparation for NAPLAN.

Reading and viewing of texts within imaginary worlds will support students in enriching their experiences in this unit. Class work for this unit includes completion of a reading log and a speech.

Young Adult Literature- how exciting! Year 10 have begun the year developing an understanding of context and are being given the opportunity to explore literature specifically written for young adults. Through out the unit students will read a variety of novels that deal with adolescent themes and develop personal responses that demonstrate their thoughts about the texts and their value for young readers. The common assessment task for this unit is an essay response to be written in class on March 17th. Class tasks include analysis of a front cover and back cover blurb; author context research and language analysis.

Year 11 students have begun to settle into senior school. Of course with this comes added responsibility. Students need to be organised and committed to achieving their goals. Whilst it is early days it is always a good idea to set some short, mid and long term goals and actively work towards achieving these goals. Success in senior school only comes from dedication and hard work! Whilst we only have a couple of Extension students this year I am sure we will make the most of every opportunity to extend our knowledge and understanding of texts, culture and their value. Both Standard and Advanced students have begun an Area of study: Journeys. Students will be exploring the concept of Journeys through wide and close reading and viewing. Time will also be dedicated to developing student’s ability to write effectively for sustained periods of time- a necessary skill for the HSC.

English Studies is proving a very popular course with many of our senior students. It offers the opportunity to explore various options available in the work force which will help prepare them for life beyond school.

Year 12 completed their first assessment task for the HSC course at the end of 2013. Students presented their understanding of the concept of ‘Belonging’ in speeches, supported by representations in a variety of forms such as posters, power points, artwork and models. It was very pleasing to see that many students worked solidly to achieve their best. Whilst we have moved onto modules now it is essential that students understand that their investigation of the Area of Study needs to be ongoing. There is a lot of work ahead of us and we must maintain enthusiasm and be dedicated to achieving the best possible outcomes. All students are encouraged to work conscientiously and to make use of teacher expertise.

A sample of some of the student creations can be seen below
What Matters?
Is a writing competition that gives year 5–12 students in NSW and the ACT a chance to say what matters to them in society today. What actions do you think should be taken to build a better society? What would you change if you could? What do you want other people to care about?

HOW TO ENTER
Write a 400-600 word opinion piece on what matters to you and why. Entries must be typed on A4 paper, strictly one entry per student. All entries must be accompanied by a signed entry form. Entry forms are available from your teacher or can be downloaded at www.whitlam.org/whatmatters

JUDGING CRITERIA AND INFORMATION
Judging criteria and further information is available at www.whitlam.org/whatmatters, where you can also view the 2013 winning entries.

CLOSING DATE
Tuesday 6 May 2014.

STUDENT PRIZES
Prizes are awarded in 4 categories: Years 5/6, 7/8, 9/10 and 11/12.
• $350 for each category winner and $200 for each category runner-up. Winners and runners-up will receive their prize at an awards ceremony, following their participation in a Young Writers Forum run by The Writing Workshop. In August 2014 at the University of Western Sydney’s Parramatta campus. Finalists’ entries will be published in print and online.
• The Years 5/6 and 7/8 category winners will each receive a full-day creative writing workshop donated by The Writing Workshop, conducted by award-winning author Ursula Coburn.
• The Year 9/10 category winner will be invited to spend a day at the Inspire Foundation, meeting the ReachOut.com Crew and receiving professional training. They will also be offered the opportunity to be paid $200 to produce a feature article for the ReachOut.com website (www.reachout.com).
• The Year 11/12 category winner will receive a $100 book voucher.

OVERALL WINNER
An overall competition winner, announced at the awards ceremony, will receive an iPad. The overall winner will be selected from finalists in NSW, ACT and What Matters? Tasmania.

KEEP IN TOUCH
On Facebook at www.facebook.com/whatmatterscomp, and also make sure you check out the awesome TV program that was made by TVS about last year’s competition at www.youtube.com/whitlaminus

For more information see your teacher or visit our website www.whitlam.org or call 02 9655 9187

What Matters 2014
It’s Time To Write

COMPETITION ENTRY FORM
All entrants will receive a certificate of participation.

ENTRANT DETAILS Please tick your year group:
Yr 5 ☐ Yr 6 ☐ Yr 7 ☐ Yr 8 ☐ Yr 9 ☐ Yr 10 ☐ Yr 11 ☐ Yr 12 ☐

Please print clearly on your participation certificate. Certificate will be printed using this information.

Student Name ..................................................................................................................
Entry Title ......................................................................................................................
Number of Words ...........................................................................................................
Teacher’s Name .............................................................................................................
School Name .................................................................................................................
School Address .............................................................................................................
School Telephone Number ...........................................................................................

Parent/Teacher/Guardian Declaration I am the parent/teacher/guardian (circle the correct description) of the student and confirm that to the best of my knowledge the enclosed entry is the original work of the student and was prepared during 2014. By making this declaration in respect of this entry, I grant the Whitlam Institute a licence to edit, print and/or publish the whole or part of the entry online or in print publication.

Name .............................................................................................................................
Signature ........................................................................................................................
Date ...............................................................................................................................

☐ I am a teacher and would like to subscribe to the What Matters? mailing list.

Email ...........................................................................................................................

Send Entry Form To:
Whitlam Institute within the University of Western Sydney
Locked Bag 1997, Pennant NSW 2291

For more information on the Whitlam Institute please visit our website www.whitlam.org or call 02 9655 9187
Writing Competition is NOW OPEN!

Calling all Australian School Students... from Prep to Grade 12

Write a story or poem today for your chance to win $1,000 ($500 for you and $500 for your school)! AND an iPod Touch 16GB + an Xbox 360 OR an Xbox One OR a Playstation 4!!!

All it takes is an AWESOME story, or poem. Easy!

Stuck for an idea... keep reading ...

**IDEAS.....you could write a story or poem about:**

* Someone you really like (friend, teacher, family member or even your favourite pet)

* Something you really enjoy doing (a party, an excursion, a holiday, an adventure, a school carnival, homework... oh wait... forget that last one)

* Something interesting that happened to you or someone you know (winning a competition, finding a treasure, learning something new)

* A place, or person completely made up, in your very own world where ANYTHING is possible!!

There is NO THEME so you can write about whatever your heart desires!

* Stories no more than 500 words, Poems no longer than 16 lines.

* Entries must be in by Sunday 30th March 2014.

ENTER online, via email, via post (P.O Box 2734 Nerang DC Qld 4211) or via fax (07 5574 3644).

*This is your year to shine! We can't wait to read your story or poem :-)*

Entry is FREE! Entries close Sunday March 30, 2014.
Congratulations to Shaun Dinsey, Jesse Curtis, Grace Sleba, Sommer Nicholson, Olivia Attenborough-Doyle, Tarryn Aiken, Emma Gearon, Ally Sharp, Keeley Perandis and previous student Sammy-Jo Curtis who attended the NSW Junior Touch Carnival in Port Macquarie on the 15th & 16th February, competing in the Under 18’s age group for both boys and girls for the Murwillumbah Mavericks Touch Football.

The Girls made it into the top 16 (out of 36 teams) – being beaten in the semi-finals by Eastern Suburbs 3-2.

A special congratulations to Boys Under 18 team who took out the title of champions, beating Parramatta in the Grand Final. Well done Shaun and Jesse.
FROM THE LIBRARY...

TEXTBOOKS OUTSTANDING FROM 2013

Thank you to all students who have returned their borrowed textbook from 2013

Unfortunately there are still a large number of textbooks yet to be returned.

Please check the lists in the library, if your name is listed please return resource as soon as possible.

If there are any problems in returning outstanding textbooks see

Mr Topper for Mathematics textbooks, or Ms Smith for English textbooks.

Your co-operation is appreciated.

Mr Spicer
Mr Whitehead
Mrs James
Swimming Carnival 2014

Congratulations to all of the students and staff of Tweed River High for making this year’s swimming carnival a great success! Students turned up in their house colours, involved themselves in both competitive and novelty events and had a great day. I was particularly impressed with this year’s senior students who showed great leadership by involving junior students in events. The final house points tally (including both competitive and novelty event points) was:

1ST – MORGAN on 433 points
2ND – BOYD on 402 points
3RD – MCGREGOR on 398 points
4TH – BURGESS on 368 points

Congratulations to Morgan! Age champions will be presented with medals on an upcoming assembly in a few weeks. Congratulations to the following swimming age champions for 2014:

- 12 years girl – Sophie Watson
- 13 years girl – Shiana Lewis
- 14 years girl – Tahnie Lipponen
- 15 years girl – Caitlin Mison
- 16 years girl – Nina Green
- 17-19 years girl – Carly Piper
- 12 years boy – Ethan Haayer
- 13 years boy – Will McCullough
- 14 years boy – Liam Scanes
- 15 years boy – Yuri Capper
- 16 years boy – Harry Scanes
- 17-19 years boy – Travis Coleman

FNC Swimming Carnival

The FNC Swimming Carnival will be held on Tuesday the 25th of February at the Tweed Regional Aquatic Centre at Murwillumbah. The cost of the excursion is $10 (which covers the compulsory bus levy and entry to the pool) and must be paid to the Front Office by Friday the 21st of February.

Please state clearly whether your child will be catching the bus or making their own way there. If they are catching the bus it leaves the school at 7:30am. Students who are catching the bus back to school still need to organise their own way home from school as we will likely be back after the 2:30pm buses.

Far North Coast Trials and Gala Days

There have been a number of FNC sports that students can trial for on offer so far this term. Please take note of the following sports and dates if your child has put their name down for a trial:

- Tuesday 18th February – U15 Touch at Kingscliff High School
- Friday 21st February – Open Boys and Girls Soccer at Murwillumbah
- Thursday 27th February – Open Netball at Ballina
- Thursday 27th February – 15’s and Opens Rugby League at Kingscliff High School

Good luck to all of the students’ trialling and representing the school over the next two weeks.

Open Boys and Girls Basketball

Congratulations to our Open Boys and Girls Basketball teams who competed in the FNC gala day and FNC selection trials. We had 4 students selected in the FNC teams including Kye Vrolyks (Year 12), Makalah McDonald (Year 10), Latesha Mumbarston (Year 12) and Emily Ardill (Year 12). This is a great achievement, well done!

Wednesday Sport

Sport on a Wednesday afternoon is up and running. Parents please ensure your child is prepared for sport by bringing a water bottle, hat and sunscreen. Some sports require money each week (Weights - $6, Martial Arts - $6, Tennis - $1) so please remember this each week so our venues and sporting coaches can be paid adequately each week. Thank you.

Yours in Sport
Miss Jennifer Alford
Sports Organiser 2014
Tweed River High School
“saverplus”

- Is your child at school or starting next year?
- Would you like $500 to help pay for uniforms, books, excursions or a laptop?

**To be eligible you need to:**

- Have a Health Care Card or a Pensioner Concession Card
- Have a child at school now or starting next year
- Have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500!

*The Smith Family is now offering the Saver Plus program in your area. To find out more, phone 1300 610355. Or SMS your name and postcode to: 1300 610 355, or email saverplus@bsl.org.au*

*Brochures are available from the Admin office – TRHS*

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**FREE FAMILY INFORMATION EVENING FOR Tweed River High School STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2014**

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

We would like to invite your students and families to a **FREE** Information Evening in Tweed Heads, NSW, on Thursday, 27th February. The session is being held at the South Tweed Sports Club, 4 Minjungbal Drive, Tweed Heads South and starts at 7:30pm.

Students can find out more about our exchange programs to over 25 countries, listen to former exchange students share their experience and learn about our scholarships and discounts on offer in 2014.

*“You come back a different person, with so much more confidence & you feel that you can conquer the world” Jessica, Semester Program to Italy*

**FREE STUDENT EXCHANGE INFORMATION EVENING IN TWEED HEADS**

Hear from returned students, find out more about discounts and scholarships available and ask questions.

**Thursday, 27th February - 7.30pm**
South Tweed Sports Club
4 Minjungbal Drive
TWEEDS HEADS SOUTH

Visit [www.studentexchange.org.au](http://www.studentexchange.org.au) or call 1300 135 331 for more information
The Australian Air Force Cadets (AAFC) is a youth oriented organisation that is administered and actively supported by the Royal Australian Air Force.

The AAFC will teach you valuable life skills and will help you develop qualities including leadership, self reliance, confidence, teamwork and communication.

Some activities undertaken by the AAFC include flying, field craft, adventure training, visits to military establishments, drill and ceremonial, service knowledge, aero modelling, navigation and gliding. Our fundamental aim is to foster qualities that will enable cadets to become responsible young adults, who will make a valuable contribution to the community. No matter what career you choose, the AAFC provides a foundation of knowledge and skills that will assist you towards your future. Cadets is open to males and females between the ages of 13 -19. The Gold Coast has 5 squadrons - Elanora, Merrimac, Ashmore, 213 Squadron of the Australian Air Force Cadets is currently recruiting for their squadron based at Elanora High School, Nineteenth Ave Elanora QLD. Other Squadrons can be found at Carrara, Ashmore, Southport and Beenleigh in QLD and in Lismore NSW. For more details contact Cadet Staff on 0437 390 679. Further details can be found on our website www.aafc.org.au
Understanding Teenagers

Two courses to choose from:

Two Saturdays
9.30am- 3.30pm
DATES: Feb 22nd & March 1st
VENUE: The Family Centre, Tweed Heads South

Six Wednesdays
5:30pm- 7:30pm
DATES: March 5th– April 9th
VENUE: Murwillumbah Community Centre

Supporting yourself and your child through adolescence.

It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist to get them safely through adolescence.

Cost: $30

Kingscliff District Football Club are currently registering players from U6 through to Seniors both boys and girls.

To register go to
www.kingsclifffootball.com.au
TERM ONE 2014 – COURSE PROGRAM

happy children, caring relationships, strong community

YOUNG MUMS TO BE
Wednesdays Feb 19 – Mar 26
10am-12.30pm
8 week course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, bonding positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun.

Venue: The Family Centre, Tweed Heads South

NO COST

FAMILY CENTRE PLAYGROUPS
9.30am-11.30am
Monday – Banora Point
Tuesday – Cabarita
Wednesday – Murwillumbah
Thursday – Tweed Heads
Supporting families to identify and learn creative ways of playing with their children.

NO COST

TRIPLE P COURSE
Thursdays Feb 27 – April 10
10am-12.30pm
7 week parenting course (6 group sessions plus a telephone contact) for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

Venue: The Family Centre, Tweed Heads South

NO COST

123 MAGIC
Tuesdays Mar 4 – Mar 18
10am-12pm
3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

Venue: The Family Centre, Tweed Heads South

COST: $15

UNDERSTANDING TEENAGERS
Saturdays Feb 22 & Mar 1
9.30am-3.30pm
A 2 day course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist in supporting them safely through adolescence. Topics include: the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points and behaviour, and talking through challenging issues.

Venue: The Family Centre, Tweed Heads South

COST: $30

PATHWAYS TO CHANGE FOR MEN
Wednesdays Feb 12 – Apr 2
5pm-7.30pm

Venue: The Family Centre, Tweed Heads South

COST: $40

PATHWAYS TO CHANGE FOR WOMEN
Thursdays Feb 13 – Apr 3
9.30am-11.30am
8 week self awareness & self development course for women. Designed to assist women with maintaining healthy relationships, parenting & making positive life choices.

Venue: The Family Centre, Tweed Heads South

COST: $40

THE MINDFUL ART OF STRESS REDUCTION
Friday Apr 4
10am-2.30pm
This 1 day workshop explores the many avenues that support us to manage the challenges we face in our lives as parents, partners and family members. It will introduce us to a knowledge and understanding of stress. We will discuss and explore techniques of mindfulness and use creative activities to help develop awareness, supporting us to reduce stress in our lives.

Venue: Murwillumbah Community Centre

COST: $15 includes lunch

HOLDING SUCCESSFUL DIFFICULT CONVERSATIONS
Saturday Apr 5
9.30am-3.30pm
This 1 day workshop explores steps for handling life’s most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You’ll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

Venue: The Family Centre, Tweed Heads South

COST: $15 includes lunch

ANGER: MAKING IT WORK FOR YOU
Friday Mar 21
9.30am-3.30pm
Workshop for men and women. Content includes: identify what anger is and what it does; what triggers your anger and ways to make it work for you and your relationships.

Venue: Possums Community Preschool, Condong

COST: $15 includes lunch

HEALTHIER RELATIONSHIPS: COMMUNICATION
Saturday Mar 22
9.30am-3.30pm
This 1 day workshop explores: stresses on healthy relating, roadblocks to communication, listening, assertiveness, managing emotions.

Venue: The Family Centre, Tweed Heads South

COST: $15 includes lunch

If you are unable to pay for course fees please talk with our intake worker or the course facilitator. The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.

BOOKINGS ARE ESSENTIAL
For further information on any of our courses or workshops please call
39am—12.30pm Monday—Friday
(07) 5524 8711
www.thefamilycentre.org.au
Safe school travel
INFORMATION FOR PARENTS

Tips to improve children’s safety around your school

- Children aged four years to under seven years must be securely in a forward-facing restraint or booster seat.
- Children aged four years to under seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child restraint or booster seat.
- Children should always get in and out of the car through the rear kerb side or ‘safety door’.
- Always drop your children on the school side of the road.
- Meet your children on the school side of the road, preferably at the school gate – particularly in wet weather.
- NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there on time.
- Children up to at least eight years old should hold an adult’s hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult’s hand when crossing the road.
- Talk your child through the STOP! LOOK! LISTEN! THINK! routine every time you cross the road together:
  - STOP! One step back from the kerb.
  - LOOK! For traffic to your right, left and right again.
  - LISTEN! For the sounds of approaching traffic.
  - THINK! Whether it is safe to cross.
  - Always look and listen for traffic as you cross the road.
- Always slow to 40km/h when travelling in an operating school zone.
- Always obey parking signs as these signs help save children’s lives.
- NEVER leave a child of any age in a vehicle without adult supervision. A small child may rapidly suffer dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to tragedy.
- Always drop-off and pick-up your children from your school’s designated area, following your school’s road safety procedures with care and courtesy.
- Many schools have adopted a school ‘Drop-off and Pick-up’ zone – a facility that is convenient for drivers while enhancing the safety of children.

For a free copy of the School ‘Drop-off and Pick-up’ initiative brochure, Stock No 4509 4011, containing information on establishing this initiative at your school, contact the RTA.

Offence and penalty when committed in an operating school zone

<table>
<thead>
<tr>
<th>Offence</th>
<th>Minimum Fine</th>
<th>Minimum loss of demerit points</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you stop or park on or near:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A pedestrian crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>• A child’s crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>• Any marked foot crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>If you double park</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>If you park on a footpath</td>
<td>$143</td>
<td>2</td>
</tr>
<tr>
<td>If you park illegally in a:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• NO STOPPING ZONE</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>• NO PARKING ZONE</td>
<td>$143</td>
<td>2</td>
</tr>
<tr>
<td>• BUS ZONE</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>If you make an illegal U-turn</td>
<td>$258</td>
<td>3</td>
</tr>
<tr>
<td>If you exceed 40km/h in an operating school zone in a light vehicle by:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 10 km/h and under</td>
<td>$150</td>
<td>2*</td>
</tr>
<tr>
<td>• More than 10km/h but less than 20 km/h</td>
<td>$271</td>
<td>4*</td>
</tr>
<tr>
<td>• More than 20km/h but less than 30 km/h</td>
<td>$451</td>
<td>5*</td>
</tr>
<tr>
<td>• More than 30km/h but less than 45 km/h</td>
<td>$872</td>
<td>6*</td>
</tr>
<tr>
<td>• More than 45 km/h</td>
<td>$1,987</td>
<td>7*</td>
</tr>
<tr>
<td>If you use a mobile phone</td>
<td>$344</td>
<td>4</td>
</tr>
<tr>
<td>If you fail to give way to a pedestrian</td>
<td>$344</td>
<td>4</td>
</tr>
<tr>
<td>If you reverse unsafely</td>
<td>$201</td>
<td>3</td>
</tr>
</tbody>
</table>

* These values are higher for provisional drivers and are doubled during designated holiday,long weekend periods.

For further enquiries www.rta.nsw.gov.au | 13 22 13

Move Ahead with Street Sense is a road safety education program delivered as part of the PDHPE program in all NSW primary schools

March 2011 RTA Pub 11086A Stock No 4509 6051