



Grafton High School

Achieving Excellence Since 1912

23 October 2017

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Useful Contacts:

- Kids Helpline (1800 551 800)
- Lifeline (13 11 14)
- HEADSPACE (1800 650 890)
- eheadspace.org.au

Principal's Report

I would like to start by wishing our Year 12 students all the best as they commence their HSC this week. It was fantastic to see such a great group of students finish their schooling on the last day of last term in such a positive way. I would like to thank the Captains, Mikayla O'Mahony and Joshua Crispin and the Vice Captains, Natalie Downes and Ivan Grace for their work throughout the year. They lived up to the role of leaders and represented our school proudly at school and community events.

This week also marks the start of transition days for our 2018 Year 7 students. It has been a pleasure to meet students from schools within the area and see their enthusiasm for high school. We have a strong group of peer support leaders that will help with the move to high school and our year advisers, Erin Taylor and Karla Hubbard have been working hard to ensure that the process is as smooth as possible.

This term we will be working to ensure that all students are at school on time. Whilst there are always those unexpected things that happen, we have a small number of students that find it difficult to be here on time. Vivienne Nichols and I will be personally contacting parents to work towards helping those students who may find this a problem.

Recently the school was saddened to hear of the passing of Peter Ashenden. Peter was a parent of Emily and Harry and I would like to acknowledge the contribution that Peter made to Grafton High School as President of the Grafton High School Rowing Club.

Peter has been a significant backbone of the Grafton High School Rowing club and a wonderful advocate and promoter of junior rowing. Like many parents, Peter became involved in Grafton HS Rowing about 6 years ago when Emily took up the sport. He was always a 'hands on' parent involving himself in all the duties of boat loading and unloading, rigging and unrigging craft at regattas and towing the boat trailer to regattas including travelling to Sydney and Taree for Combined High School Rowing Championships. Peter was always willing to put himself out, taking on the role of President for the Grafton HS Rowing Club whilst Emily was still rowing, but continued in this position long after Emily's rowing career had finished, because he believed in the value of rowing for our school. In the 2016 / 2017 Rowing season Peter was honoured with the 'Club person of the Year' award for his continued contribution to the Grafton High School Rowing Club and students.



I would like to thank Andrew Tarrant and Julie Stringer for their thoughts regarding Peter. Our condolences to the Ashenden family at this time.

Grafton High also lost a long-time supporter of our school earlier this week. David Williams was a proud ex-student of Grafton High who, over many years, has contributed heavily to the P&C, GoArt exhibition and the Centenary celebrations that took place in 2012. David was a student between 1946 and 1950 at Grafton and in conversations with him he had fond memories of the school and his time here. He regularly held dinners with the class of 1950 and his work with the centenary was substantial, playing a key role in researching and helping to coordinate the festivities. David wrote the introduction to the Centenary book that was produced that year.

David was an astute and knowledgeable man that enjoyed a chat and recalling how the school had changed over the years. More recently he had acted as the treasurer for the P&C and worked closely with the Canteen. David gave generously of his time and supported the GoART exhibition that has been held at the school for the past 4 years. He spent many hours helping man the door and speaking with the visitors to our school. David still attended P&C meetings and was an active contributor where his experience was always valued.



David will be missed and we would like to pass on our thoughts to his family at this time.

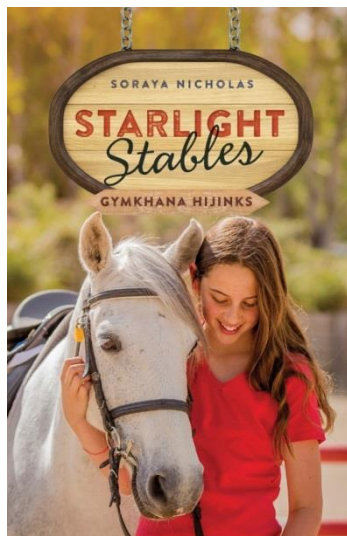
Daniel Moar

LIBRARY NEWS

Reading for the **2018 NSW Premier's Reading Challenge** (PRC) and *Library Reading Challenge* (LRC) has commenced. Students completing these challenges have the opportunity to engage with a wide range of quality literature. At the GHS Library there is a large selection of fiction genres to choose from to suit all reading choices.

Mrs Lynch – Teacher Librarian

"Books are a uniquely portable magic."
Stephen King



Work Experience

During the first week of August I travelled down south of Sydney for Work Experience with the Australian Defence Force at HMAS Albatross and HMAS Creswell. During my week there, I met many great friends and talked to people who were at all stages of the Navy, from those who were in their first year training to those people who have been doing the job for the last 20 years. During the week I had the opportunity to train in world class facilities such as the pool, and get first-hand experience of the military life that I wish to live one day. We participated in a range of drills and activities such as rock climbing and we got to sit in a helicopter (although sadly, we weren't allowed to go for a ride!). It was an amazing week and I would recommend it to anyone who wishes to go down the Australian Defence Force pathway in the future. **By Kayne Endean**

Featured Author

As a horse crazy girl, Soraya Nicholas dreamt of owning her own pony and riding every day. One day she finally convinced her parents to buy her a horse. There were plenty of adventures on horseback throughout her childhood, and lots of stories scribbled in notebooks, which eventually became inspiration for Soraya's very own pony series.

As a young girl, Soraya was always writing stories and dreamt that one day she'd write the kind of pony books she grew up reading. She said "There is no other way to be an author other than to write as much as you can, and the more you write the better you become at crafting stories. Write down all your ideas in a notebook, and read lots of different books. When I finished high school I went to study law at university. I graduated, kept writing while I worked in my first real job, and then went back to university to obtain a Master of Fine Arts degree (MFA) in Creative Writing. During that time I was working as a freelance journalist, writing magazine articles and creative copy for advertising agencies. Then I sold my first book, which was for adults, followed by many more, and eventually I sold this exciting series to Penguin."

Source: <http://www.sorayanicholas.com/about/>



For more information about Year 10 Work Experience, please see Miss Benkendorf

Sport



North Coast Girls Tennis

The North Coast Girls Tennis team travelled to Wagga Wagga for the NSW State Carnival.

Of the nine players on the North Coast team, four were from Grafton High. Georgia Allen, Tianna McGarvie, Celina McGarvie and Whitney Moon. The four girls played extremely well and were a contributing factor in North Coast coming home with the State Title. Three of the girls were also selected in the NSW Merit Team which is an enormous effort.

Congratulations to Georgia, Tianna and Whitney for this great achievement!

A special mention to Georgia Allen for participating in her sixth State Carnival, an awesome effort!!



OCTOBER

WEEK 3

23 Year 7 Vaccinations

27 Harwood Sugar Mill Excursion

WEEK 4

31 Year 11 SCU Discovery Day

NOVEMBER

04 Jacaranda Festival Half Day Public Holiday
1pm – 3.15pm

Community Notices



SCU Discovery Days

An opportunity for new Year 12 students to discover career options and the range of degrees on offered across our three campuses.

Lismore campus: Tuesday, 24 October 2017

Coffs Harbour campus: Tuesday, 31 October 2017

New degrees available now for study in 2018

Bachelor of Digital Business
Bachelor of Engineering (Honours) in Coastal Systems Engineering
Bachelor of Laws and Creative Writing
Bachelor of Psychological Science,
Bachelor of Laws

Education degrees at Southern Cross University are combined with a Bachelor of Arts to ensure a comprehensive foundation in relevant discipline areas of English, mathematics and science. Entry will be based on an indicative ATAR of 70 with no additional prerequisite entry requirements. Find out more at scu.edu.au/education

The Southern Cross University undergraduate course list 2018 contains information about courses, locations, major study areas, career opportunities and much more. Search all course info at scu.edu.au/courses

Year 12 Formal Tickets

From Monday, any unsold tickets will be offered back to Year 12 for an extra guest each.

Tickets are \$40 each, available at GHS front office.

Year 12 Graduation Day



Play Touch Football




www.graftontouch.sportingpulse.net

Grafton Touch Football
Summer Competition

Where: Jabour Park
When: Wednesday
Registrations: Online
Begins: 18th October

MIXED Open Age division
Year 7-9 division (high school)
Year 4-6 division (primary school)
Year 1-3 division (primary school)
(Juniors still preferred)

graftontouch@gmail.com


Gunners Summer Comp is on again!!!!

Starting date Tuesday 10th October 2017

Juniors U6's – U13's

4:30pm @ Rushforth Park

2 Trial Games Tuesday 12th & 19th September

Seniors 14+ will join the Grafton United Senior Summer 6s.

For more information or questions contact

email: southservicesgunners@gmail.com




Grafton High School
Memorabilia

CAPS = \$15.00 each

MUGS = \$8.00 each



Our next Hot Shots Competition at the **Grafton City Tennis Courts** will start on the 20.10.2017. The competition will again run over **7 weeks** and is for all children of the Grafton district. The cost of the program is **\$50**, which includes a piece of pizza and a drink each week for each child. An additional annual registration fee of **\$20** will be charged for all non-members. It is important that the participants attend each **Friday from 5.00 - 6.30pm** to make up teams and to run the competition smoothly. Please let us know well beforehand if your child is away. We also ask that a parent/ grandparent/ older sibling commits to helping with umpiring or pizza handout if possible.
Phil and Ayesha Beckman: 0422 586 089/ 0403 475 474



Jacaranda River Festival

FUN RUN

RUN EAT PADDLE

SUNDAY 5TH NOV FROM 7^{AM}

Memorial Park, River end of Prince Street

Join Us!

Enjoy running under the canopy of Jacaranda Trees!

10km / 5km / 2.4km distance - you choose!

Check website for more details

www.jacarandafestival.com

Event sponsored by:





Family and Relationship Services



CLARENCE RIVER DOMESTIC AND FAMILY VIOLENCE SPECIALIST SERVICE INC.

present



The aim of the After the Storm program is to help parents who have experienced domestic and/or family violence to:

- understand the effects of domestic and family violence on children
- to learn ways to talk and listen to their children about their experience
- to encourage children's resilience
- to support parents in strengthening their relationship with their children and to enhance parenting skills.

6 sessions – 9.30am to 12pm @ CRANES 3-7 Prince St Grafton

OCTOBER 25 & NOVEMBER 1, 8, 15, 22, 29

Free childcare available (limited spaces)

BOOKINGS ESSENTIAL

For details or to register contact the Family and Relationship Services (FARS) at CRANES on 6642 7257 or email fars@cranes.org.au

Spaces are limited so book early!

CRANES' parenting workshops term 4 calendar available at www.cranes.org.au

CRANES' Family and Relationship Services is funded by the Dept. of Social Services

CLARENCE VALLEY COUNCIL PRESENTS
TOOLBOX

a Parenting Festival!

are you a parent of a child 0-12?

are you a parent of a teenager?

TOOLBOX IS FOR YOU



**WORKSHOPS,
EVENTS,
INFORMATION,
ADVICE, FUN,
&..ITS FREE**

Full list of events at www.clarence.nsw.gov.au/parentingtoolbox or on council Facebook page @clarencevalleycouncil

- Mighty Me workshops for anxious 10-12yr olds
- Parent/child sewing workshop - make a library bag
- How to talk so kids will listen
- A Stitch in Time - manage challenging behaviors
- Manage anger and build resilience for 13-15yr old girls
- Tour the new headspace facility
- Mindfulness workshop for parents

And more - resources to help with the day to day pressures of parenting.

10TH-15TH NOVEMBER



Community Health OPEN DAY

Connect directly with local health services.

Find information on how to access mental health services

Give Aways & Prizes to be won all day!

Need help or support? Have your questions answered on the day.

Sausage Sizzle & Face Painting

Talk to someone about the NDIS.

Where? GP Superclinic
4 Clarence Street, Grafton

When? Sat 21st Oct | 10AM - 2PM



Thank you to our open day partners:



"We R One" presents

Outdoor Cinema and Twilight Market



Free kids activities!

FREE event

Grafton Showgrounds,
Prince Street
Friday 24th November
2017... From 4pm



For more information contact Jason 0428067581 or Vicki 0438052132

"I wanted to be a part of the change I wanted to see for the valley's youth"

Zak, - 20 years

"I joined CYA for the friendship, inclusiveness, volunteering, and to help the youth of the Clarence Valley"

Brodie - 17 years

"I want the Clarence Valley to be somewhere young people want to be. For the good of the young people and the town itself. Otherwise industry will die with our ageing population because the younger generation went somewhere they were embraced"

Acacia - 19 years

"I joined CYA to be more involved in my community. I wanted to be involved in a group that concentrated on giving the youth of the Clarence Valley a platform to have their say and to really advocate for young people and what they want and need. I found that and so much more in CYA. I am a part of a truly amazing and inspiring group of young people".

Gabi - 24 years

The group in itself, certainly remind me of this quote!

"Be the change that you wish to see in the world."

Mahatma Ghandi

GET IN TOUCH



/Clarence Youth Action



/Clarence Youth Action



clarencelyouthaction@hotmail.com

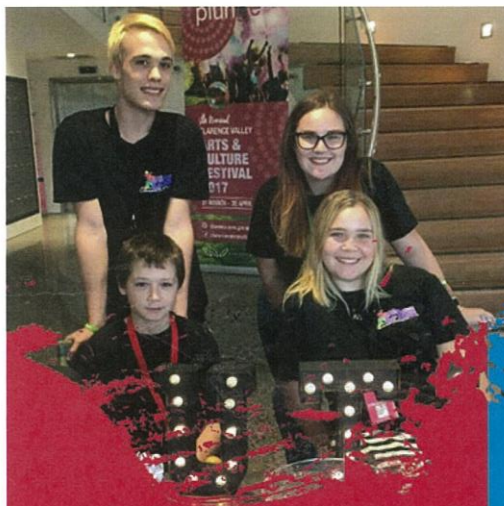
CYA

Clarence Youth Action



CYA
Clarence Youth Action

We are an inclusive group of 12-29 year old's working to increase youth engagement in community initiatives within the Clarence Valley



OUR MISSION

- Actively engage, communicate with and report to youth in the Clarence Valley
- Provide a platform where youth can be heard, expressed and addressed to those in decision-making positions
- Become a valued and respected group, so we can raise awareness and help solve problems that youth face
- Be involved in decisions that will young people
- Improve and promote a positive image in relation to youth affairs
- Lead and be involved in community events held in the area
- Determine the issues, activities and events we will work on, with an emphasis on outcomes that will contribute to the wellbeing of young people



WHO ARE WE?

We are an inclusive and diverse group who meet regularly to make decisions that relate to young people, work on community projects, organise events and participate in forums. CYA encourages greater participation by young people in a range of community initiatives.

WHY JOIN?

Membership benefits young people by giving them the opportunity to develop skills they can use throughout their lives, such as leadership and decision making skills, working collaboratively, developing creative ideas, and undertaking projects that benefit young people and the broader community.



ACHIEVEMENTS TO DATE

- ASK Youth Film project
- Zombie Walks for mental health month
- Community conversations with over 500 people
- Hump Day Amazing Race for sexual health
- Games night events in Grafton and Maclean
- Youth Forum (Youth Week 2017) facilitators
- Live n Loud music event at the library
- Act Your Age 2017 (AYA) local youth music festival
- Earth Hour 2017 volunteers to promote environmental responsibility
- Out of the Box art project volunteers
- Our Healthy Clarence steering membership
- Various presentations to health, education and government bodies
- My Future Fest 2017 career expo partners
- One Stop Shop youth wellbeing day presentations
- Partner with Clarence Valley Pride group for young LGBTIQ people
- Secured funds through sponsorship/grant sources
- Northern Rivers Volunteer group of the year 2017
- Awarded Community Champion award from the Mental Health Commission 2017