



Grafton High School

Achieving Excellence Since 1912

24 August 2018

IN THIS ISSUE:

- Principal's Report



Useful Contacts:

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

Principal's Report

My apologies for a lack of newsletters so far this term. It has been a very busy start of term for a number of reasons and I am finding that by the time I go to write about something for the newsletter it is already well past and has been up on the school Facebook page for all to see already, making my reporting on it a bit redundant. If you haven't yet checked out our Facebook page it is well worth having a look. It is kept up to date with information regarding what is happening at school. In particular, Mr Piper's "This Week" videos have been quite popular and give everyone an insight into the varied learning activities that occur in the school on a regular basis.

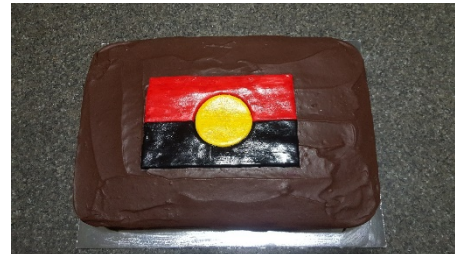
Vale Andrew Tarrant

The school and broader community have lost a very special person with the recent passing of Andrew Tarrant. Andrew was involved in several organisations across the community, but was known to all of us as a caring teacher and Home School Liaison Officer as well as for his involvement with the Grafton High School Rowing Club. I appreciate the understanding of parents and students in relation to the disruption to school routine so that the many staff who knew and had worked closely with Andrew were able to attend his memorial service and pay their respects.

NAIDOC Week Celebrations

One major event that I haven't yet had the opportunity to report on was our school's involvement in the Grafton Community of Schools NAIDOC week celebrations in the very last week of Term 2. Our school joined with other local public primary schools for a special opening assembly at Grafton Public School on the Monday. Students also participated in art workshops, the public speaking competition and the Touch Football competition on the Friday. A group of students, including our senior Aboriginal Studies class, also helped to cook the BBQ for Year 5 students attending the NAIDOC games day at McKittrick Park. Overall, the week was a great success and I would like to especially acknowledge the contribution of our many Aboriginal and Torres Strait Islander students, our Aboriginal Studies students and the many staff supporting these students. I also particularly want to recognise the work of our Aboriginal Education Officer, Fran

Williams. I thought I would include a few photos from the week below.



Student Safety before and after school

I have been made aware of some recent incidents, affecting some local primary schools and their students, concerning inappropriate approaches to students by unknown adults in the community. Whilst I am unaware of any issues specifically impacting on Grafton High School students, it is a timely reminder to reinforce with children the importance of acting safely and avoiding and reporting any such incidents. In particular, students should be aware that if they are approached immediately outside the school they should re-enter the school and seek assistance from staff. The front office area of the school is generally staffed one hour before to one hour after school each day, so there will be someone available for students to report the incident to and to make contact with parents/carers to ensure they get home safely. If parents have any concerns regarding anyone approaching their child outside of school then they are encouraged to please report the matter to police. The school would also appreciate being notified so that we are aware of the issue.

Vietnam Veterans Day

I would like to thank Ms Blanch and those SRC and other students who marched last Saturday representing the school to commemorate Vietnam Veterans Day. This year was the 50th Anniversary of the Battles of Fire Support Bases Coral and Balmoral, in which 26 Australians lost their lives. It was great to see such a large collective representation from our Clarence Valley school students, including those involved with the Grafton Army Cadets, who formed the Catafalque Party for the ceremony.

Congratulations Mrs Piper

I am very pleased to announce that Mrs Piper has been successful in being appointed as our new Careers Adviser, becoming permanent in the position she has been filling since Mr Barnier moved to South Grafton High School as their new Deputy Principal.

Staff Fundraising

Finally, a big thank you to Grafton High School staff who recently raised just over \$1,000 to assist rural families in the Coonamble area who are, like much of rural NSW, experiencing significant drought conditions at present. Thank you to Mrs Patterson for organising this fundraiser.

Peter South - Principal

12/9	Yr 12 Slave Day
13/9	Yr 6 High School Taster morning, AIME
14/9	Yr 6 High School Taster morning
WEEK 9	
17/9	Yr 11 final exams – all week
WEEK 10	
24/9	Yr 11 final exams – all week
27/9	Yr 12 Mystery Tour, P&C Meeting
28/9	Yr 12 Graduation Assembly

Congratulations to Krystal McMahon for her success on the International Athletics Stage



Krystal participated in two International athletics championships in Canada. She made the finals in most events including her Australian relay team finishing first and breaking the record. Krystal competed in the 100m, 200m, 300m, Javelin, Discuss, Triple Jump, Shot Put and relay.

Upcoming Events

TERM 3

WEEK 6	
27/8	AECG Meeting
28/8	Yr 10 – 12 Widening Participation Study Day
29/8	Yr 8 Police Talks, Premiers Debating Challenge
30/8	PISA Test (selected students), CSU Presentation
31/8	SCU Presentation, AIME
WEEK 7	
4/9	Yr 12 Slave Auction
6/9	HSC Drama Exam, UON Presentation, STELLAR Marine Science Uni Day
7/9	Yr 10 VALID Science Test, Griffith Uni Presentation
WEEK 8	
11/9	Yr 6 High School Taster morning



Employers

Help Develop the Next Generation of Skilled Workers

Work Placement for Year 11 & 12 Students

If you're an employer within the Tweed to Grafton areas, you have an opportunity to develop future employees within your workplace.

Work placement is a compulsory component of School and TAFE Vocational Education and Training (VET) courses that are recognised by both industry and HSC accreditation.

If You Work In:

- Business Services
- IT
- Construction
- Hospitality
- Metals and Engineering
- Tourism
- Financial Services
- Human Services
- Retail
- Electrotechnology
- Entertainment
- Automotive
- Primary Industries



The coordination of structured workplace learning is funded by the State of New South Wales through the Department of Education and Communities under the Structured Workplace Learning Program.

You can make a difference to the future of your community by hosting one or more students.

For More Information:

TWEED OFFICE
 Lisa McCabe & Kate Fewtrell
 P 07 5536 9033
 E workplacement@connectnr.com

LISMORE OFFICE
 Jacqui Brenton, Sue Willis & Donna Barker
 P 02 6622 4199
 E workplacement@connectnr.com



In the Library

P&C Support

Our dedicated and hardworking P&C Committee has again provided assistance to GHS Library. The P&C made a generous donation to the library by purchasing four high quality sofas for the Year 12 Learning Loft. This wonderful addition to the library will enable the senior students to study and collaborate in a comfortable and spacious setting. This funding is one of the many ways our P&C assists in making our school environment a positive and productive learning centre. Many thanks go to the P&C Committee.

Keep Up Club

Due to the positive response from students, Keep Up Club's extended hours will continue this term. This means that every morning before school and throughout every lunch break, students have the opportunity to work on assessment tasks, complete homework, locate resources for research and borrow reading material. Wednesday will continue to be Keep Up Club super day. However, students now have additional time and support to complete their school work with the assistance of teachers and access to technology and resources.

Featured Author

Douglas Noël Adams was an English author, comic radio dramatist, and musician. He is best known as the author of the *Hitchhiker's Guide to the Galaxy* series. Hitchhiker's began on radio, and developed into a "trilogy" of five books (which sold more than fifteen million copies during his lifetime) as well as a television series, a comic book series, a computer game, and a feature film that was completed after Adams' death. The series has also been adapted for live theatre using various scripts. He was known to some fans as Bop Ad (after his illegible signature), or by his initials "DNA".

Sources:

www.goodreads.com/author/show/4.Douglas_Adams ;

www.panmacmillan.com/authors/douglas-adams/the-hitchhiker-s-guide-to-the-galaxy

Mrs Lynch
Teacher Librarian





Workshop on Parenting Adolescents

Presented by Dr Bob Jacobs, Author of Perfect Parents, Perfect Children

Since the 1950's, parents have complained that "this generation of teenagers is the worst that has ever been". Then those teenagers grow up and complain about the next generation.

In traditional parenting, we approach parenting teenagers the same old way, which lets be honest, never really works, and then we complain when it doesn't. It's healthy and "normal" for teenagers to manifest oppositional behaviour. If adolescents didn't go through this important developmental stage then they wouldn't progress to adulthood.



In today's society, human beings need to go from being totally dependent children at age 12 to completely independent adults from the age of 18. That's a lot of change in a short period of time, and in the search for their own rules, values and direction, teenagers will first challenge the existing ideas of their own family and of society.

This workshop will help parents in guiding their teenagers through this difficult and emotional time and also help ease parenting stress.

Where: headspace Grafton

When: September the 10th, from 5.30pm to 7.00pm.

Cost: \$10.00

Please register at:

<https://www.eventbrite.com.au/e/dr-bob-jacobs-tickets-48230048373>

Light refreshments available

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Ladies of Lotus Women's Group

The Ladies of Lotus is a warm circle of women providing a safe comfortable place for women to create, share knowledge, develop skills and friendships.



Healthy Choices is a workshop to help understand our bodies want and needs, the link between our gut and brain and what different foods do to our bodies, While making some tasty and healthy protein balls.

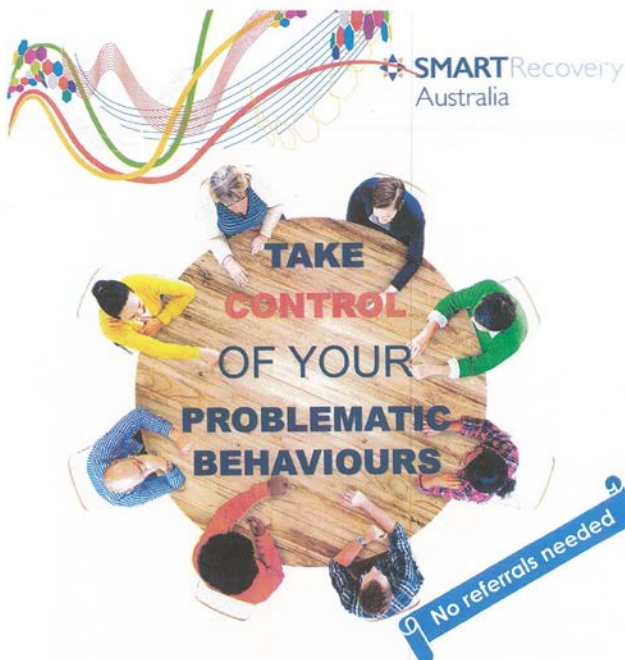
When: 29th of August 2018 from 4pm - 5:30pm

Where: headspace Grafton, 59 Duke Street Grafton.

Age: 12-25

Please contact up to book your space or for more information: headspace Reception P: 66421520

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



SMART (Self Management & Recovery Training) Recovery is a free group program assisting any problematic behaviours, including excessive gaming, drugs, alcohol, gambling etc. Guided by our trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.



Next Youth SMART Recovery meeting is on Tuesday at headspace Grafton, 59 Duke Street from 4-5pm. Running every Tuesday during school terms. Ages 15-20

TERM 3 2018 Grafton Workshops



After the Storm	'After the Storm' is a 6 week program to help parents who have experienced domestic and/or family violence to enhance parenting skills. There is one session each week for six weeks	CRANES @ Grafton 9.30am to 12.30pm 8th August to 12th September
Bringing Up Great Kids	The 'Bringing Up Great Kids' program uses ideas of mindfulness and self reflection to review and enhance patterns of communication. The aim of the program is to address the sources of unhelpful and hurtful attitudes. There is one session each week for six weeks	CRANES @ Grafton 9.30am to 12.30pm 23rd August to 27th September
Building Resilience	'Building Resilience' is a half-day workshop that provides information and strategies on building the resilience of children and learning from adversity. Suits parents with children aged 0 to 6	CRANES @ Grafton 9.30am to 12.30pm 2nd August
How to Talk so Teens Will Listen	This half-day workshop provides parents with information about teens intellectual and emotional development and using this knowledge to communicate more effectively. Suits parents with children aged 12 to 17	CRANES @ Grafton 9.30am to 12.30pm 21st September
Understanding Anger	In this half-day workshop we discuss the emotion of anger and strategies for parents to recognize the emotions behind child behavior. Suits parents with children aged 7 to 17.	CRANES @ Grafton 9.30am to 12.30pm 20th August
Full Circle	'Full Circle' is a group that meets fortnightly to provide peer support for parents seeking access to or restoration of a child. Guest speakers will be invited regularly to provide the group with information.	CRANES @ Grafton 10am to 11.30am 30th July to 24th September

See also our courses on offer in Maclean

CRANES' workshops are FREE of charge
Free childcare is also available at some venues

NOTE: To be eligible for our free workshops you must have a child in your care, seeking access to or restoration of a child or support someone who does. Grandparents and foster and kinship carers are most welcome!

VENUE	
CRANES Grafton	11 Kemp Street

Call CRANES for enquires or to register (no referral necessary)

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

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

SEEKING FAMILY CARERS

IN LISMORE, GRAFTON, TWEED HEADS

Can you offer safe temporary accommodation to a young person?

Connecting You supports young people aged 12-15 who are at risk of homelessness. This includes providing accommodation in a safe, home environment while we support them to develop positive strategies and life direction.

We have opportunities for Family Carers who:

- Live in or near Lismore, Grafton or Tweed Heads
- Have a spare room in their home
- Are interested in and respect young people
- Are flexible, tolerant and understanding
- Have time to spend with a young person one on one
- Want to make a difference
- Don't have young children at home; and
- Own a comprehensively insured car.



Ideally, you will have experience with young people (12-16 years) as a parent, a teacher or in a similar role. You may have recently retired, be working or or be working from home. Full training and support is offered for the right candidates. Aboriginal and Torres Strait Islander people are particularly encouraged to apply.

Family carers help young people to take time out in a safe environment, while they work through challenges with a Case Manager. This role is critically important because it allows breathing space for the young person and their families, while they help to heal ruptured relationships and explore long term solutions.

Carers can be of any cultural or religious background; they can be part of a couple or single; studying, or retired. The Family Carer role attracts a retainer to ensure that carers are exclusively available. Specialised training, including supporting young people affected by trauma, is provided as well as intensive support from Pathfinders therapeutic specialists, and Social Futures case managers. If you think you have what it takes to be a family carer and give some respite and relief to a young person who needs it, contact us today.

Generous tax free retainer offered with additional payments for each nights' accommodation provided. Placements are for a maximum of 28 days at a time.

For more information please call Tracy Coop on 02 6620 1800 or visit our website: socialfutures.org.au/family-carers



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

© Social Futures 2018-CY_FAMILY CARERS V1



The R U OK? Convo Convoy is coming your way!
And you're invited

Supporting one another is something we can all do. That's why R U OK? is hitting the road for six weeks and visiting communities like yours to show Australians that every day is the day to ask, "Are you OK?"

Convo Convoy

The R U OK? Conversation Convoy will be in your town on:

Date: Tuesday, 4 September, 2018

Time: 10:00am - 11:30am

Venue: Market Square, Grafton

Everyone welcome! The event is free and suitable for all ages.

Activities on the day include an R U OK? ambassador visit, BBQ, interactive ways to learn the 4 Steps to an R U OK? conversation, children's activities, and more!

No RSVP or ticket purchase necessary. We can't wait to see you there!

RUOK?
A conversation could change a life.

Visit ruok.org.au

Uniting Burnside are running monthly Foster Care Information sessions in both Coffs Harbour and Port Macquarie with the aim of finding more foster carers.

Foster care has changed!

The new NSW state wide Foster Care program has a great, courageous goal... to ensure that kids are given permanency within 2 years. **Uniting are looking for more carers that could provide support for a child** (or children) while we work with their families to get them back home OR, (when a child/ren cannot return home), a carer who may be looking to adopt or be a guardian and grow their family. If you know of someone or a family who has thought about Fostering or who you think could be a great foster carer, please pass this information on to them. We'd love foster carers of all types (Emergency, Respite only, Short term/restoration and those looking to adopt/guardianship), from all different types of families (singles, couples, same sex, different cultures etc.) and of all different ages 18+). [Http://uniting.org/fostering](http://uniting.org/fostering)

Foster love

Foster care and make a positive difference to a child's life.

As a foster carer, giving a child a caring environment can make all the difference to their life. If you've ever thought about becoming a foster carer, why not come along and discover what's involved at one of our upcoming information sessions.

Monday, 6 August, 12pm - 2pm
Uniting Church
21 Gordon Street, Coffs Harbour

Monday, 3 September, 6pm - 8pm
Uniting Family House
7 McLean Street, Coffs Harbour

Book your place now.
For more information or to register
uniting.org/fostering or call
1800 864 846

With heart.

Uniting

Come along to our Information Sessions (the next two below) or call **1800 864 846** to find out if fostering is right for you

Widening Participation and Outreach

The University of Sydney is coming to visit your school on 28 August



We will be offering Year 10, 11 and 12 students workshops to support you in your HSC. Make sure you don't miss out.

For more information, please contact wpo.schools@sydney.edu.au

sydney.edu.au/wpo/high-school



3 X 10 = 30	6 X 10 = 60	9 X 10 = 90
3 X 9 = 27	6 X 9 = 54	9 X 9 = 81
3 X 8 = 24	6 X 8 = 48	9 X 8 = 72
3 X 7 = 21	6 X 7 = 42	9 X 7 = 63
3 X 6 = 18	6 X 6 = 36	9 X 6 = 54
3 X 5 = 15	6 X 5 = 30	9 X 5 = 45
3 X 4 = 12	6 X 4 = 24	9 X 4 = 36
3 X 3 = 9	6 X 3 = 18	9 X 3 = 27
3 X 2 = 6	6 X 2 = 12	9 X 2 = 18
3 X 1 = 3	6 X 1 = 6	9 X 1 = 9
0 X 0 = 0	6 X 0 = 0	9 X 0 = 0



Year 10 Preparation for Senior Study

This experience is designed to increase Year 10 students' preparation for the HSC, with workshops demonstrating general senior study skills, skills specific to Mathematics and English, as well as self-discovery. Following this workshop Year 10 students will feel confident and prepared for senior study.

Year 11 Thinking Ahead and SMASH Essay Writing

Thinking Ahead Introduces Year 11 students to new ways of interpreting scholarship applications. They learn how to write persuasively about their leadership skills, personal qualities and attributes. In Smash Essay Writing, students receive key tips and strategies for effective essay writing. They are encouraged to deconstruct questions and formulate arguments to extend their essay writing skills.

Year 12 Promote Yourself and HSC Exam Prep

HSC Exam Preparation provides Year 12 students with HSC study techniques and exam practice to assist them in maximising their HSC performance and results. In the Promote Yourself workshop Year 12 students learn how to identify scholarship criteria and draft their own answers to scholarship questions.

Employment opportunities for job seekers!

CLARENCE VALLEY JOBS EXPO

THURS 30 AUGUST
FROM 10AM - 1PM
VINES - 139 FITZROY ST
GRAFTON

Are you based in the Clarence Valley and looking for work?

Are you interested in the following jobs?

Trades, Admin & Support workers, Trainers, Managers, Healthcare Providers, Apprentices, trainees.

Come and meet local businesses and find out about these jobs and many more local opportunities.

Head over to www.clarence.nsw.gov.au/jobsexpo or search for 'Clarence Valley Job Expo' on Facebook.

BRING HARD COPIES OF YOUR RESUME OR HAVE THEM AVAILABLE TO SEND TO EMPLOYER'S FROM YOUR PHONE.



Department of Justice

Youth Justice Conference Convenor Juvenile Justice



We need Aboriginal and Torres Strait Islander people to be Youth Justice Conference Convenors across NSW.

- ✓ Do you enjoy working with young people and their families?
- ✓ Do you have experience in running groups?
- ✓ Do you want to help victims have their say?
- ✓ Do you have organisational and time management skills?
- ✓ Do you want to help out your community?

Conference convenors are casual appointees who are contracted for each conference paid at an hourly rate of \$45.61.

Opportunities exist across various locations within NSW.

We actively promote the employment of women, people with a disability, Aboriginal and Torres Strait Islanders, LGBTI and other diversity groups

For more information please contact Anita Borg or visit www.iworkfor.nsw.gov.au

Contact: Anita Borg - Anita.Borg@justice.nsw.gov.au
Closing date: Sunday 9 September 2018 (11:59 pm)
Search Work: Youth Justice Conference Convenor