

Artist: Tyreece Daley

# Grafton High School

## Newsletter

Week 6, Term 4  
2022

### Upcoming Events

**20-27 November**

School Spectacular Aboriginal  
Dance Ensemble

**21 November**

Year 7 Orientation Day

**22-24 November**

Slip 1 Darlington Park Camping

**23 November**

Cultural Discoveries Food  
Excursion

**24 November**

OSSA Swim credentials

**24 November**

P&C Meeting

**24-25 November**

Qld Uni Excursion

**25 November**

Support Unit - Currumbin  
Wildlife Sanctuary

**28-30 November**

PASS outdoor Rec Camp

**2 December**

Years 7-11 Rewards Excursions

### Message from the Principal

Reaching the halfway point of another busy term, it has been action aplenty at GHS. HSC examinations are finished, and we recently celebrated our Year 12 finishers at their formal. A big congratulations for all these students for finishing their HSC year in style. We look forward to hearing what your future journey brings.

The academic year for our junior year groups is winding up with final assessments and reports being completed now, but there are plenty of extracurricular activities and other engaging learning experiences occurring and still to look forward to. The success of our ten-pin bowling team from Support is an example, and Tahlia Rediger, Yr 12, who will perform as a featured artist at the Schools Spectacular at the end of Week 7.

In 2022 we are also glad to be able to run our rewards excursions at the end of the year again, with a great mix of activities planned. These excursions reward students for their efforts in class, with uniform and with behaviour, and provide a really positive opportunity to grow connections with each other, and with the staff that attend. For eligible students where cost may be causing a stress, you are able to use the flood grant money if a balance still remains, or if these funds have been used, please contact the office to discuss our student assistance application.

We are busily working behind the scenes on timetable, curriculum, and staffing for 2023, and are planning to continue our push to maintain high standards and expectations of ourselves and others.

Scott Dinham

## Activities Week

During the last week of term from Wednesday 14 to Friday 16 December, students will be given the opportunity to participate in a range of fun activities.

Students were given activity week information booklets this week. Selections for their activities will take place next week. Parents are asked to check the booklets with their children and fill out and return the permission note provided.

NOTE: some activities incur a cost so please be aware of this.

## NSW Inclusive School Sport Ten Pin Bowling State Finals.

On Thursday 3 November Grafton High School contested the NSW Inclusive School Ten Pin Bowling state finals at Rooty Hill Zone Bowling centre Sydney. There were thirty teams in the state finals and Grafton High came 2<sup>nd</sup> in the state with a combined score of 794. All the boys were great team players and contributed to the final score. Well Done on this awesome effort.



## Kindness Rocks

Slip 2 painted some Kindness rocks with special messages and went for a walk to the new Grafton bridge. We left the rocks in that area for the community to find. Let us know if you find one.

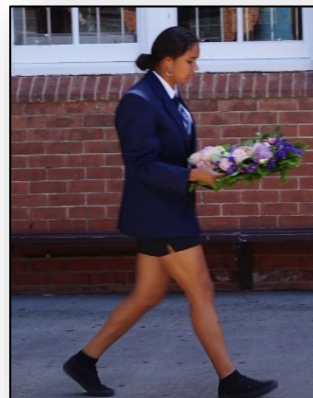


## Remembrance Day 2022

A special assembly was held to recognise Remembrance Day on Friday 11 November. The SRC members organised and conducted a whole school assembly and participated in the Memorial Park community ceremony. This was the first time we have conducted this post COVID!



Thank you to the 2023 Year 12 Captains and Prefects Letitia, Liam, McKenna, Elanah, Cooper, Martina, Sean and Austin for performing their leadership duties in a professional and respectful manner.



Additional special thanks to Cooper and Martina for the Acknowledgement of Country, Toby for performing the Last Post, Darby on the bugle, and Mr Townley with the Grafton High School Band for playing the National Anthem.





## River Dreaming

Grafton High School took approximately thirty students to a day of culture at the River Dreaming Festival, Jacaranda's first event. A wonderful day was had by our students, learning culture, meeting with Elders, and being entertained by some of our amazing local First Nations talent. Student involvement and participation was fantastic.



## Her Journey Her Life

Alinta Laurie and Carmel Walker recently ran a new program for our Goorie Girls, Her Journey Her Life.



The program was embraced by our students and was very rewarding. During the program the girls designed their own shirts also incorporating our school logo. At the programs completion the students were presented with a certificate and a shirt that Carmel and Alinta had made up for them.



## Jacaranda Morning Tea



Grafton High Support Unit hosted a Jacaranda Morning Tea on the 31st of October 2022.

Students invited the Jacaranda Ambassador, Princesses, special Guests, and Teachers; including the Principal and Deputy Principals to share in the festivities.



Students and staff spent weeks preparing invitations, decorations, food and practicing performances for the extravaganza.

Junior students signed a colour song in Auslan for the official party and guests.



The official guests were given a vase of flowers grown in the Support Unit Garden.

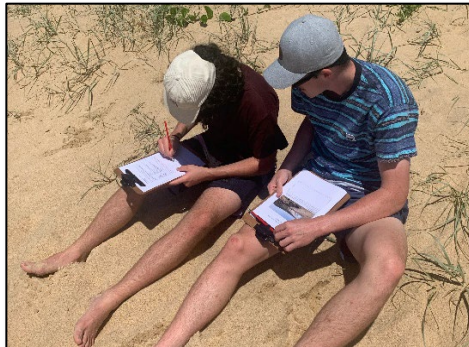
The morning was a great success, enjoyed by all.



## Geography Fieldwork- Red Rock

On Friday 11 November, 35 Year 10 students participated in their fieldwork excursion to Red Rock Beach. This excursion was to support student understanding of the recent topic, *Coastal Management*, through a range of fieldwork tasks to assess the health of Red Rock Beach.

Year 10 were able to determine that Red Rock Beach sand dunes were in good health and that longshore drift was occurring in a southerly direction on this day.



They completed a headland walk where they learnt about the Indigenous history of the site and completed a field sketch.

After lunch and a game of volleyball, students completed the day with a bush walk alongside the river, where they saw wetlands and spoke about plant adaptations for intertidal environments.



Student behaviour was wonderful, and all students had an enjoyable time.

## Breakfast Club

This term Breakfast Club has been a massive hit among the students. Breakfast Club runs on Mondays, Wednesdays, and Fridays from 8.20am - 8.50am in T7. During this time, students can help themselves to some toast, cereal, and fruit options, while enjoying a cold juice, milo, or banana smoothie. A massive thank you to Coles Grafton Mall who provide us with weekly donations to help fund our Breakfast Club and help us put big smiles on our students' faces.



## NSW Junior Chess League

Grafton High travelled to Ballina on 4 October to play Lindisfarne Anglican Grammar School in the North Coast Chess Competition.

After Zayn was a no show in the morning, our reserve Troy, stepped up to play the number 4 seat. Noah in the number 2 seat, somehow managed to win his game from a losing position, whilst number 3 seat Blake, who was first unsettled by his opponents' tactics, was able to win a methodical game over his opponent. With two wins, the team victory was secured, however, Declan kept on playing his game until beaten by the clock. Afterwards, Blake later quoted "My time in the chess team has boosted my confidence and popularity status amongst my peers, an experience which I treasure from GHS."

Coming back from their previous loss, Grafton High School continued playing in the comp and secured second in the NSW Chess Competition North Coast for 2022, and thanks Mrs Gorham for providing travel for the team, and Mrs Lynch for organising and supervising the competition.





## Cricket

### Opens

Grafton High played South Grafton High. Grafton High had some outstanding batters. Darcy scoring 124. Joseph scoring a quick 50+ and Ajay playing more blocks than a Lego set. After scoring 265 from 40, Grafton High managed to keep South Grafton High well under wraps. All due to outstanding bowling from Joseph (4 wickets) and tight fielding from the boys. Man of the match was Joseph.

### Juniors

Grafton High played Bellingen High (away). Bellingen were too strong for Grafton High, collecting a basket of wickets and cleaning out the top order. Special mention to Reece E, Reece W and Sam scoring 10+ runs.

Grafton High bowling was superb, given the circumstances from the batting. Ted collecting two wickets and Myles had safe hands catching a screamer. The boys played with high enthusiasm and laughter which resulted in Joey collecting a wicket and Sam a run out from deep field.

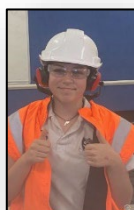
Bellingen won by five wickets. Man of the match - Eli

Special mention to our Year 7 cricketers who stepped up to play opens, Thomas (square leg umpire) and Mr Bartrim for driving some of the boys down.



## White Card Course

19 students successfully completed their White Card Course in preparing for work placements or School Based Traineeships and Apprenticeships in the construction industry. Well done to all.





## Ag and Primary Industries

An enthusiastic group of Year 10 Ag and Year 11 Primary Industries students were involved with the artificial insemination program at the school farm. The students were guided by our local expert Tom Granleese, and they really enjoyed the practical experience gained in working with our school's herd of cattle.



## Ag Primex Excursion

Agriculture and Primary Industries students ventured to Primex in week five, where they were exposed to a wide variety of job opportunities in agricultural industries and viewed an array of associated products from mouse traps to Mercedes!

Student behaviour and the local weather conditions were both perfect on the day.


This free excursion was funded by the Educational Pathways Program (EPP) operating at our school to ensure students leave school well prepared for higher education, training or employment.



## Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.



<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
<b>Measles</b>	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

**\*It is important that the rest of the family is checked for head lice, scabies and ringworm**



Information provided by NSW Health.

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# NO Scaredy CATS

3 CONSECUTIVE TUESDAYS

**NOVEMBER 29 -  
DECEMBER 13  
10 AM - 12 PM**

**AT LIVABLE:  
11 KEMP ST.  
GRAFTON NSW**

All Livable events are FREE  
and childcare is available

Livable Family and Relationship Services is funded  
by the Department of Social Services.

## Supporting you and your child through the ups and downs of life!

No Scaredy Cats is a child development course that aims to support you to take on the role of the coach in your child's life and guide them through emotionally distressing episodes.

Designed and developed by psychologist, author and teacher Michael Hawton, it equips you with a practical and easy set of tools, and a solid understanding of the theory behind these to enable you to build resilience in your child.

**Refreshments provided.**



**livable**  
your life your way

**BOOKINGS ESSENTIAL**

**1800 289 927**

**LIVABLE.ORG.AU/EVENTS**





SURF LIFE SAVING  
NEW SOUTH WALES



# GONE FISHING

Rock Fishing Safety & Skills Day

**FREE HOBBIE  
LIFEJACKET VALUED  
AT \$160!**



- Free Lunch
- Family Fun
- Fishing Skills
- Beach Safety Session



**SATURDAY DECEMBER 3**

**Coffs Harbour Jetty Beach  
9.30am to 3.30pm**

**REGISTER**



**LEARN MORE & REGISTER YOUR SPOT NOW**

[https://Gonefishing\\_CoffsHarbour.eventbrite.com.au](https://Gonefishing_CoffsHarbour.eventbrite.com.au)  
or email [community@surflifesaving.com.au](mailto:community@surflifesaving.com.au)



# SUMMER SENSATIONS ~ Artist Call Out

## **Artist Call Out: Clarence Valley based artists**

Grafton Regional Gallery is holding its annual exhibition Summer Sensations from 11 December – 29 January 2023 to celebrate artists of the Clarence Valley and their wonderful creative contribution to the cultural vibrancy of the area.

The Gallery is committed to supporting all artists from our region and this open submission platform is the third exhibition in an ongoing annual project to celebrate the creative talent of the Clarence Valley. The exhibition will showcase artwork across all mediums and will feature work from emerging or established artists living in the Clarence Valley.

Local artists who work across all mediums and subjects are invited to submit one artwork of up to 60 cm h x 60cm w to be included in this exhibition.

To take part in this opportunity please [complete and submit your form](#) between 9:00am and 4:00pm, **Tuesday 29 November to Friday 2 December 2022.**



# FORCES OF NATURE ~ Artist Call Out

## **Artist Call Out: Clarence Valley based artists**

Forces of Nature will look beyond the traditional landscape to interrogate the ecological and natural forces at play in the surrounding landscape.

Clarence Valley artists who work across all mediums and subjects are invited to complete the following for submission of one artwork of up to 60 cm h x 60cm w inspired by environmental themes to be considered for inclusion to this exhibition.

The Gallery is committed to supporting all artists from our region and this open submission platform aims to celebrate the creative talent of the Clarence Valley. The exhibition will showcase artwork across all mediums and will feature work from emerging or established artists living in the Clarence Valley.

To take part in this wonderful opportunity please complete and email your submission form along with a clear .jpg image of the proposed artwork to [galler@clarence.nsw.gov.au](mailto:galler@clarence.nsw.gov.au) by **Tuesday 20 December 2022**



## Tickets on sale now ~ Christmas Clay with Cassandra-Lyn Palmer



Come along and join local mixed media artist Cassandra-Lyn Palmer for a fun clay session to dress the table for the festive season.

COST: General Public: \$65.00

Friends of Grafton Gallery Members: \$55.00

+ Eventbrite booking fee

All tools and materials are provided, and no experience is necessary. All materials supplied.

Hurry - this workshop will sell out!

### **COMING SOON -**

Archibald Prize 2022 - an Art Gallery of NSW touring exhibition opening. Tickets on Sale now.



Saturday, 17 December 2022 5:00 pm

Archibald Prize 2022 - an Art Gallery of NSW touring exhibition opening.

Grafton Regional Gallery