



# NEWSLETTER

## GRAFTON HIGH SCHOOL

Term 1 Week 11

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Grafton NSW 2460  
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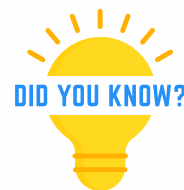
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### IN THIS ISSUE


- Upcoming Events
- Principal's Message
- Sport & Team News
- Around the School News
- WISE & SLIP News
- Excursion News
- SRC News
- Careers/SBAT News
- GHS Wellbeing Corner
- P&C / Canteen News
- Community Notices

### UPCOMING EVENTS

- **Fri 11 April**  
Cross Country  
Last day of Term 1
- **Fri 25 April**  
Anzac Day March - see SRC News for details
- **Mon 28 April**  
School Development Day (Pupil Free)
- **Tues 29 April**  
School Development Day (Pupil Free)
- **Wed 30 April**  
Students return for Term 2
- **Fri 30 May**  
Athletics Carnival



Did you know, you can:

- Explain absences
- View Daily Notices
- View Newsletters
- View the School Calendar & more via the  [Sentral for Parents](#) app



Quality Teaching, Quality Learning, in a Caring Environment  
*Achieving Excellence since 1912*



# FROM THE PRINCIPAL'S DESK

Well, Term 1 has both flown by but also been packed with activities, events, learning and positivity here at Grafton High School. Watching the way our students and staff go about their work each day brings me great pride. I am grateful to lead such a strong team, proud school, and wonderful cohort of students.

As we enter the school holiday break, I wish everyone a safe and happy Easter holiday period. Please remember that ANZAC day falls on the last Friday of the holidays, and we are hoping for a positive turnout of students for the Grafton service. All students who are able to are encouraged to be part of our presence at this important community gathering of remembrance.

Aligning with the third strategic direction in our school excellence plan, we have been invited by an academic team from University of Western Sydney, and University of Technology Sydney to be one of seven schools across the state to be part of the Thrive study, which is a study aimed at developing strategies that improve sense of belonging in schools to help students finish school well. It is my hope that this helps our school in continuing to develop plans and strategies that improve students' experiences at GHS. As part of this study, there is a flyer and QR on the following page that invites students and parents to separate focus group sessions where feedback will be sought by the Thrive team. The staff from UWS are likely to visit our school in the last week of May to run these focus groups. If your child is willing to be part of a group that provides feedback to this group, please give your consent by clicking the child option via the QR code. The student focus groups will be coordinated and run at school during school hours. There is also an option to nominate to be part of a parent focus group. The Thrive team are currently working on the format and timing of when the parent/carer group will occur.

As we enter the cooler months in Term 2, it is timely to put out a proactive reminder of our uniform expectations. While it is tempting to grab the nearest or favourite warm item, students should be wearing full school uniform each day, including the school jumper/hoodie/jacket. Arriving at school in uniform each morning is the first way in which students can feel they belong to our school, and contributes to our sense of team and community at school.

As always, please make contact with the relevant year adviser if your child needs assistance with obtaining uniform. We are here to help. Students who are consistently out of uniform may find themselves excluded from non-compulsory extracurricular activities such as sporting teams and rewards excursions.

Finally, in other positive news, our breakfast club which is funded by two separate donors continues to be well attended each morning, with lots of tasty and nutritious options for students to start the day right. As a result of its success, Mission Australia has doubled its contribution for Term 2 this year, allowing us to continue to expand the ways in which we help students and families keep stomachs full and our young people ready to learn. I extend a public thank you to Mission Australia, and those involved.

Happy holidays, and see you in Term 2.

Scott Dinham  
Principal





## Thrive: Finishing School Well Study

Thrive is a partnership between the Transforming Early Education and Child Health Research Centre at Western Sydney University, Human Technologies Institute at University of Technology Sydney, and the NSW Department of Education. This project is funded by the Paul Ramsay Foundation.

Research tells us that when young people feel like they belong at school, they feel good about who they are, feel connected with their peers, teachers and communities and feel safe to learn and do well at school.

We want to know what young people and their parents/carers feel young people need to develop a sense of belonging to their schools. For information on how your child/children can take part in the study and how you can share your views in a focus group discussion, please scan the QR code below:



Transforming early  
Education And  
Child Health Research  
Centre



## Uniform at Grafton High School

At Grafton High School, we believe that wearing the school uniform is essential for fostering a sense of belonging, pride, and equality among our students. Our uniform policy is designed to promote a positive learning environment and ensure that all students are focused on their education without the distractions that can come from varied attire. With the cooler months upon us, it is an important time to remind parents/carers and students of our uniform expectations.

### Uniform Policy and Expectations

Students are expected to wear their school uniform every day. This includes the designated shirt, shorts/long pants or skirt, jumpers or jerseys, and appropriate footwear. Adhering to the uniform policy not only reflects our school's identity but also prepares students for future professional environments where dress codes are often in place.

### Consequences of Non-Compliance

We understand that there may be times when students are unable to wear their uniform due to various circumstances. However, it is important to note that persistent non-compliance with the uniform policy can lead to consequences, including exclusion from extra-curricular activities for a period of 10 weeks. We encourage all students to take this policy seriously, as participation in school events is a vital part of the educational experience.

### Support for Uniform Access

For families experiencing difficulties in accessing the required uniform, we encourage you to reach out to your child's year adviser. Our staff are here to support you and can provide assistance or guidance to ensure that every student can meet the uniform requirements.

### Daily Notes for Non-Uniform Days

If a student is out of uniform, they are required to bring a dated note each day they are not in compliance. This note should explain the reason for being out of uniform and will help us understand individual circumstances.

We appreciate your support in reinforcing the importance of wearing school uniform at Grafton High School. Together, we can maintain a respectful and unified school environment that benefits all students.





# Grafton High School Uniform

## Senior Boy



White polo and Year 10 polo are both Senior Boy and Senior Girl uniform

## Senior Girl



## Junior Boy



## Junior Girl







# SPORT & TEAM NEWS

## Opens Girls Touch Team

Well done to our opens girls touch team, who won the Mid North Coast Gala Day on Friday Week 8! They beat Toormina High School 16-1 in their first game. They then played Woolgoolga High School in the final and won 8-3. They will now progress through to the semi finals of the Phil Stewart Memorial Shield 2025.

We also had the following girls selected in the Mid North Coast Team to play in the North Coast Trials on the 4 April in Grafton.

Good luck to Poppy, Makayla, Shaniqua, Shelera, Shanae and Bridget!



## Opens Boys Basketball Team

**Victory on the Court: Our Opens Boys Basketball Team Advances to Regionals!**

We are excited to announce that our Opens Boys Basketball team has achieved a remarkable victory in the recent knockout game, securing their place representing the North Coast in the next round of games!

The boys' undefeated run through the Mid North Coast Gala Day earlier this term earned them a home game against Hastings Secondary College from Port Macquarie. The team displayed exceptional skill, teamwork, and determination, overcoming their opponents in a hard-fought contest with a final score of 46-33.

From the very first whistle, our boys demonstrated their commitment by executing fast-paced plays and maintaining strong defence. After a blistering start, the game saw three hard-fought quarters with both teams taking the lead at different times. The Grafton boys managed to dig deep, relying on their superior stamina to pull away in the final quarter. This victory not only marks a significant milestone for the team but also reflects the spirit of our school community. We are incredibly proud of their achievement and look forward to their next challenge, where they will compete against the best teams from down south.

The next round will take place early next term, and we encourage everyone to continue supporting our Opens Boys Basketball team. Let's keep the momentum going as they strive for further success!

Congratulations to our boys on this fantastic achievement!

GHS! GHS! GHS!





# Debating News

In week 9's debate we were unsuccessful in proving that politicians should be banned from appearing on podcasts. We are still alive in the competition despite this result. With Neve absent, Vinh stepped up into a speaking role and did a commendable job. Toby, Georgia and Vinh continued to act as excellent representatives for Grafton High School and its values.

Despite some compelling arguments around the threat of misinformation that podcasts pose to society, we were unable to 'connect the dots' enough for the adjudicator. Lessons were learned, and we will reflect and improve for our next debate.

~ Mr D Smith

## GHS First Ever Softball Teams Hit the Field!

A big milestone for Grafton High this week, as our first-ever girls' and boys' softball teams took to the field for their debut games.

The girls' team faced Orara High School in a 4-inning match. Although the scoreboard didn't go their way, the girls gave it their all and showed great spirit in their very first outing.

The boys' team put up a strong fight, holding their own until the final innings. Despite their efforts, they were narrowly beaten, finishing with a score of 6–10.

A huge congratulations to both teams for making school history and representing Grafton High with pride.







# AROUND THE SCHOOL NEWS

## GHS Enviro Club News

On Friday week 8, Grafton High School participated in Earth Hour by turning off the lights, MLDs, fans and air conditioners for the first period of the day.

All participating classes went into the draw to win a gigantic bag of chocolates. Congratulations to Mr Skinner and his 11MAS1 class, who were the winners of the prize.



## School Breakfast Program Update

The School Breakfast Program at Grafton High continues to thrive, with around 100 students enjoying a nutritious start to their day each morning. Mrs J organises an amazing selection of nutritious and delicious breakfast options including cereal, croissants, fresh fruit, ham and cheese toasted sandwiches, yoghurt, and muesli bars. A huge thank you to our generous sponsors, including Mission Australia, which has just announced an additional \$5,000 grant to support this fantastic initiative!



RISE N SHINE AND JOIN  
**GHS BREAKFAST CLUB**

All students are welcome to access this FREE program  
**8:20am - 8:45am daily in T7**

Benefits of eating breakfast for teens:

- Improved energy & mood
- Improved concentration & memory
- Better grades
- Healthy choices have positive impacts on health

THANK YOU TO OUR GENEROUS BREAKFAST CLUB SPONSORS  
Woolworths Grafton, Coles Grafton,  
Mission Australia and Grafton Food Bank

## NSW Parliament Public Speaking Competition

Congratulations to Neve R for proudly representing Grafton High School at the NSW Parliament Public Speaking Competition on Thursday, 3 April!

Neve delivered an outstanding speech on the theme Icons, gaining valuable experience while competing against some of the best public speakers in northern NSW. Well done, Neve!





# Numeracy Program

The Term 1 Numeracy Program at Grafton High School proved to be a valuable and effective initiative, with the majority of students benefiting from revisiting multiplication strategies. Through targeted instruction and practice, students demonstrated noticeable progress in their mathematical skills, reinforcing their understanding and application of key concepts.

A comparison of pre and post-test results showed a clear statistical improvement, indicating increased accuracy across the cohort. This measurable growth highlights the effectiveness of the program in strengthening numeracy skills and building student confidence.

Student feedback further emphasised the program's success, with many expressing appreciation for the small class sizes and the additional one-on-one time with their teacher. This personalised approach allowed for greater engagement, targeted support, and a more supportive learning environment.

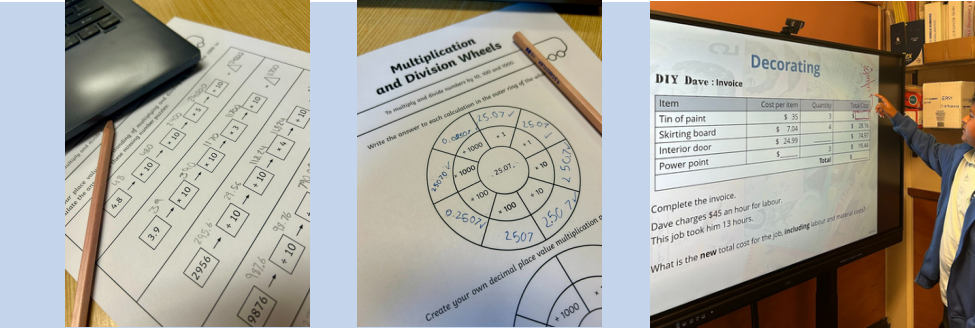
Overall, the Term One Numeracy Program was a positive experience for students, fostering skill development and confidence in mathematics. The success of the program underscores the value of focused intervention and structured support in improving numeracy outcomes.

~ Miss Sommer

“ This program is good and it helped me improve my maths. I surprised myself at how much I improved.  
- Naite N Yr 8 ”

“ This program has helped me learn my times tables better and methods of how to use mental strategies instead of my fingers  
- Summah C Yr 7 ”

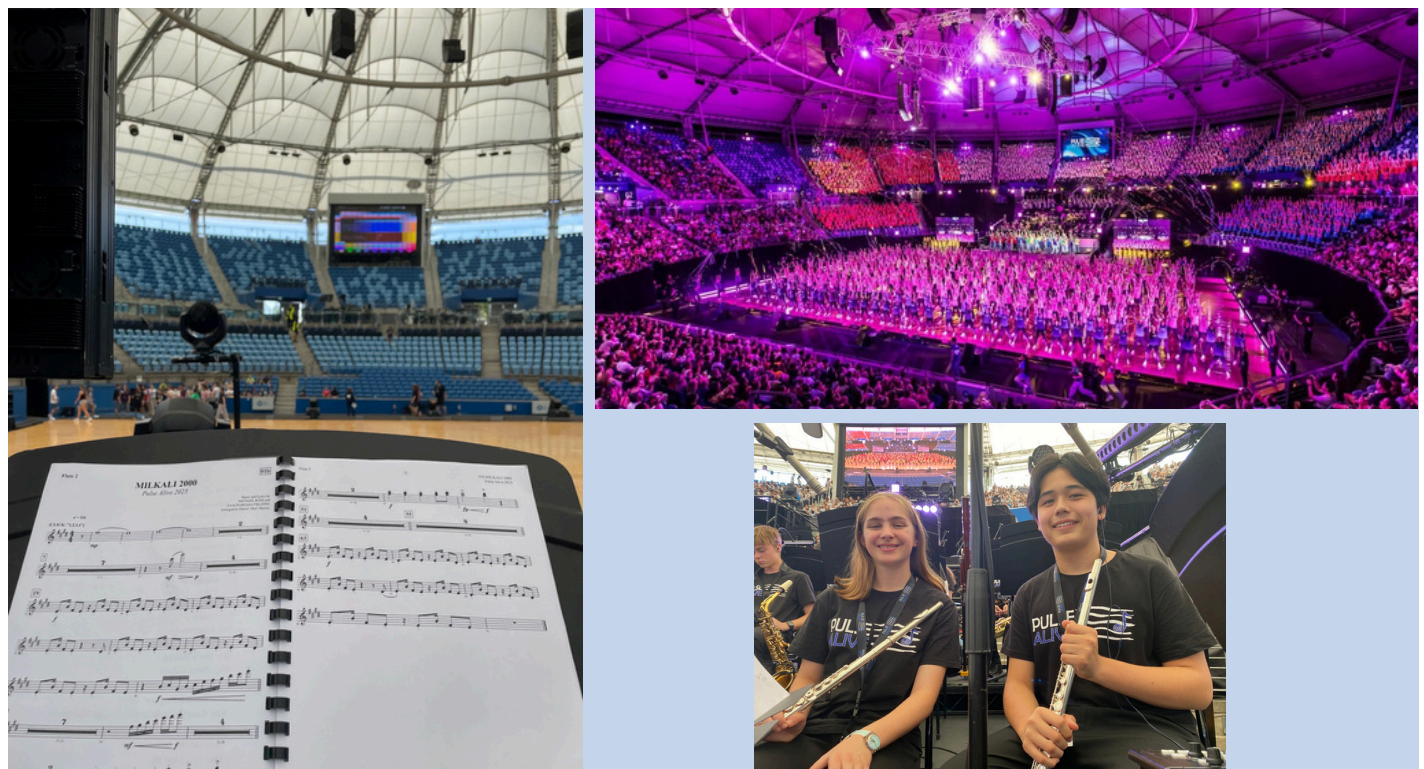
“ I enjoyed the different methods Miss Sommer taught me and I also like her reward system. It was fun - Jake P Yr 7 ”



# Pulse Alive 2025

GHS student Vinh was selected for the second time via video audition to play in the Pulse Alive showband.

Pulse Alive is a large-scale event held at the Ken Rosewall Arena. The show was performed on Thursday 20 and Friday 21 March and both audiences were sold out. Well done, Vinh!





# Sci-Fi Writing Competition

This year, the Science and English Faculties have joined forces to run our Science Fiction Writing Competition, with the aim being to complete an entire Sci-Fi novel by the end of the year. The first chapter was released early in Term 1, and was read aloud in Home Room classes. All students were then invited to write the next chapter.

We had four finalists, listed below, who each submitted chapters of over 1000 words.

Maritsa H - Year 12, Ashleigh B - Year 10,

Elsie F - Year 10 and Harrison K - Year 7.

Thank you to the Saraton and The Clarence Kitchen Collective for sponsoring this competition!



Judging was carried out by a panel of four teachers in Week 9. The competition was incredibly close, and the panel were impressed by the quality of all the responses, noting that any one of the four could have made an excellent Chapter 2.

At the school assembly in Week 10, the finalists and winners were announced. An Encouragement Award was given to Harrison, whose story showed considerable promise, particularly for a Year 7 student. After much deliberation, the student whose chapter was selected to go into the book was Ashleigh B. Her carefully crafted description of a crash landing and initial exploration of an alien planet was an engaging continuation of the story. Copies of Chapter 2 were issued to Home Room teachers in Week 10, and will also be posted on the Science and English Google Classrooms for everyone to read. Student submissions for Chapter 3 are due by the end of Week 3 next term, so we encourage all our budding young writers to get thinking and drafting! We can't wait to see where the story goes next!

Thank you  
to our sponsors



# 9PASS News

Our Year 9 PASS students put their outdoor skills to the test, learning how to cook on a hot plate using their own ingredients and even starting their own fire!

From fire safety to perfecting their grilling techniques, they showed great teamwork and independence.

A fantastic hands-on lesson with some delicious results! Well done.







# WISE AND SLIP NEWS

## WISE2 Community Access

WISE2 students participated in Community Access on Tuesday of Week 9.

The students set off on an adventure to acquire items from their local community to complete a task. The students visited the Grafton Newsagency to purchase a postcard, and the Grafton Post Office to purchase stamps. Once we had the appropriate tools WISE2 students walked to Grafton Shoppingworld and filled out their postcards with their name and address and posted them in the post box near the school. The class waited with anticipation for their postcards to arrive in the mail the following week. The members of WISE2 are looking forward to their next Community Access adventure.



## SLIP2 Community Access

SLIP 2 students participated in Community Access on Friday of Week 8. Students visited Grafton Regional Art Gallery to view the exhibitions Evoke and Clarence Impressions. Students viewed the two exhibitions and practised using their investigative skills to find information on the artworks. Students used the artwork citations to find the title of the artwork, the materials used to create the artwork and the date it was created. SLIP 2 look forward to their next visit to Grafton Regional Art Gallery.





## On-Country Camp Day - by Shanae C Y12

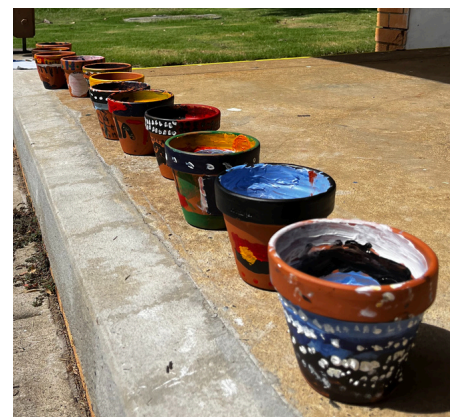
Last Thursday, our Year 12 and Year 11 students had the opportunity to travel to Baryulgil for the much-anticipated On-Country Camp Day. While we were unfortunately unable to stay overnight, the day was still filled with learning, creativity, and cultural immersion.

As part of my Major Project, I guided students through a hands-on art workshop, where they each painted a terracotta pot using various techniques, textures, and colours. The focus was on incorporating traditional symbols into their designs, creating a deeper connection to cultural storytelling. To help make the process smoother, I provided cotton wool buds for easier dot painting and cut-up sponges to create unique textures. Before the painting began, I presented a detailed slideshow showcasing different ideas, symbols, and artistic approaches. This allowed students to explore a range of creative possibilities and learn about the significance behind the designs they could use.

Throughout the day, students rotated through a variety of activities every 45 minutes. These included not only the painting workshop but also sessions on traditional dance and Aboriginal games. Each activity station was well-equipped, with tables set up with a full array of colourful paints, sponges, cotton wool buds, water containers, symbols, and brushes.

After each rotation, my classmates Sienna, Shani, and I worked together to quickly clean the tables, refresh the supplies, and set out new pots and paints for the next group. It was a collaborative effort that ensured everyone had the materials they needed to fully engage in the activities.

The On-Country Camp Day was a valuable learning experience, providing students with a hands-on connection to Aboriginal culture, as well as fostering creativity and teamwork. We look forward to more opportunities like this in the future to continue learning, creating, and celebrating cultural traditions.





# Y12 Advanced English - King Henry IV Excursion

In Week 10, the 12 English Advanced, along with Ms Hubbard and Mr Smith, travelled to Sydney to see a live production of Shakespeare's King Henry IV Part 1 at the Seymour Centre.

We travelled overnight by train, which was an experience in itself for many of the students! We enjoyed a delicious breakfast in Chippendale before walking to the Seymour Centre at the University of Sydney. The show was incredible, and really helped to consolidate students' understanding of the play. Afterwards, the director, Damien Ryan, offered his time for a Q+A session with the nearly 700 Year 12 students in the theatre, which was insightful and engaging.

After the show, we tested our skills in an escape room in Haymarket, with all four groups managing to escape (with a little help!). We had dinner at Spice Alley, before heading to our accommodation for the night. On Thursday, we had a little time to do some sightseeing and shopping, before boarding the XPT home.



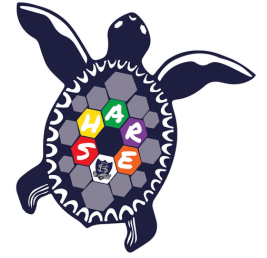
# Charles Sturt University Explore Day

Earlier this week Year 12 students attended Charles Sturt University's Explore Day in Port Macquarie. Students participated in a range of interactive workshops in paramedicine, earth and environmental science, medical radiation, education, policing, business and engineering to name a few. Students also got to have campus tours and have a look at the on campus accommodation.





# GHS PBL SHARE AWARDS



## SHARE Award Recipients

Congratulations to the below students who earned a SHARE Award and voucher at our whole school assemblies.

### Week 8

- SHARE Award #1: Elle S Y7 - Grafton Tenpin Bowling Family Pass
- SHARE Award #2: Jye R Y8 - Canteen Voucher
- SHARE Award #3: Cara L Y11 - Bonus 3 Positive Referrals
- SHARE Award #4: Harry T Y8 - Bonus 3 Positive Referrals
- Support SHARE Award: Toby S - Canteen Voucher donated by M&J Logging
- Teacher SHARE Award: Ms Bruce - Spot On Coffee Voucher



### Week 10

- SHARE Award #1: Ashleigh B Y10 - Grafton Tenpin Bowling Family Pass
- SHARE Award #2: Tennyson Y Y7 - Canteen Voucher
- SHARE Award #3: Tylah R Y11 - ESP Voucher
- SHARE Award #4: Eliza S Y8 - Bonus 3 Positive Referrals
- Support SHARE Award: Tyrone P Y7 - Canteen Voucher donated by M&J Logging



Thank you to our generous sponsors for providing prizes for our SHARE Awards



# Year Adviser Award Recipients

Congratulations to the below students who earned a Year Adviser Award at our year assemblies!

Year 7: Miley A  
Year 8: Paityn M  
Year 9: Nate C  
Year 10: Charlie M  
Year 11: Lila H  
Year 12: Jaxon S

**Week 3**

Year 7: Nayte F  
Year 8: Ryder S  
Year 9: Alva E  
Year 10: Harry R  
Year 11: Harmin S  
Year 12: Chloe A  
Support: Jason G-G

**Week 7**

Year 7: Tay N  
Year 8: Noah A  
Year 9: Sophia D  
Year 10: Talia C  
Year 11: Eve T  
Year 12: Conner M  
Support: Lance G

**Week 9**

Year 7: Eva S  
Year 8: Case M  
Year 10: Eliana J  
Year 11: Toby S  
Support: Zaiden K

**Week 11**



## Are your student's details up to date?

**If you need to update any details, please contact our front office**

☎ 6642 3355

✉ [grafton-h.school@det.nsw.edu.au](mailto:grafton-h.school@det.nsw.edu.au)

It is important all of the information on your student's file are up to date including:

- Family details
- Residential address
- Postal address
- Contact numbers
- Email addresses
- Emergency contacts
- Medical conditions
- Court Orders

If you are unsure which details are currently on file, please contact our office to confirm



# SRC NEWS

## Year 7 SRC Representatives

Congratulations to our newly elected year 7 SRC representatives: Harrison K, Ivy D, Calan D, Joey G and Tilly R.

It was fantastic to receive so many nominations from our year 7 students, to represent their cohort on the Student Representative Council.

The candidates presented a speech, with their cohort voting for their representatives, who were inducted during week 9's SRC meeting.



## Join us for the Anzac Day March

# ANZAC DAY

## FRIDAY 25 APRIL

Anzac Day falls on Friday 25 April at the end of the term break.

Grafton High School would like to invite all students to join us in the city's march. It would be wonderful to have students represent our school from years 7 to 12.

Please assemble at Market Square and report to attending staff no later than 9:15am for the march which will begin at 9:30am.

The commemorative service will start at 10:00am in Memorial Park.

Students must be in full school uniform and there is an expectation the SRC reps and school leaders will attend if they are able to.

Please ensure that you get your name marked off to receive your House Points and a PBL entry.





# CAREERS/SBAT NEWS

## Certificate III Health Services in Nursing

Well done to students Nate and Sumer, who have joined the SBAT program as successful candidates for the Elsa Dixon Aboriginal School Based Traineeship Program. Nate and Sumer have been provided with support to apply for the program here at GHS. This involved paperwork, ID checks, resume preparation and interview technique practise.

It is a credit to the work and commitment from both students prior to their interview that helped them to succeed in securing their traineeship.

Nate and Sumer will study Certificate III Health Services in Nursing combined with regular work experience at Mid North Coast Local Health District.

Many thanks to Kate Hogan our SBATEO, Mr Hartmann (SBAT Co-ordinator), and Fran (AEO) for supporting these students and of course the Mid North Coast Local Health District for providing this opportunity for our talented students.



## Certificate II in Business

The school term is not over yet with more good news and congratulations to be had for another Year 12 GHS student who is about to begin her SBAT journey! We would like to introduce Hayley who has successfully navigated the application and interview process for a School Based Customer Service Officer Traineeship position with the ANZ bank. Hayley has worked hard and showed dedication and motivation throughout this application process.

Combining her one day per week with ANZ bank and a Certificate II in Business, Hayley is excited to begin her future career. This is all thanks to the Educational Pathways Program that GHS supports.

Pictured with Kate Hogan (SBATEO), Fran (AEO) and Mr Hartmann (SBAT Coordinator), it is acknowledged that to secure a traineeship is always a team effort.

We wish Hayley well with her SBAT journey - well done Hayley. Thank you to the ANZ and Aboriginal Employment Strategy.



## Certificate III in Childcare

As a valued SBAT student at GHS, Chloe is well on the way to completing her Certificate III in Childcare. Along the way she has received additional certifications: Active Supervision refresher, Sleep and Rest – Safe Sleep Practices, and Safe Sleep Practices refresher.

Pictured here with Kate Hogan our hard-working SBATEO, Chloe came in to share her success with us, which we love!

We are grateful to her SBAT employer and RTO for providing Chloe with this opportunity. Great job Chloe – you are nearly there!





# Educational Pathways Program



The Educational Pathways Program (EPP) is continuing at our school this year, following its success at our school since 2020. It is an innovative careers program designed to improve higher education and career outcomes for our students. Our school was lucky to be chosen as one of four schools to run the pilot program in 2020 within the Grafton School Group of Maclean High School, South Grafton High School, Grafton High School and Woolgoolga High School. Our Grafton School Group took on 2 new schools this year, Toormina High School and Coffs Harbour High School, increasing our school group from 4 to 6 schools this year.

The program features 8 initiatives including:

- Innovative Careers Education (Careers events, parent & industry engagement)
- Enhancing School Based Apprenticeship and Traineeship Opportunities (SBAT)
- TAFE NSW Early School Leavers program (assisting school leavers under 17 to transition to a TAFE course)
- Back in the Game program (a referral service to support students to transition to Vocational Education and Training (VET) and employment)
- Job Readiness Workshops
- TAFE NSW Start Your Future program (1 day a week free TAFE taster courses across a range of different industries)
- Educational Pathways VET Ambassadors (Guest speakers discussing VET career pathways)
- Apprenticeship & Traineeship Head Start program (Group Training Organisations offering fee free pre apprenticeship courses to students)

The program is being led by EPP Head Teacher Careers David Youman, with the assistance of EPP SBAT Engagement Officer Kate Hogan, EPP School Administrative Officer Emma Darbin and our school Careers Advisor.

For further information about the program please contact

Mr Youman on 0409 452 901 or [david.youman@det.nsw.edu.au](mailto:david.youman@det.nsw.edu.au)

or visit the EPP website at <https://education.nsw.gov.au/public-schools/career-and-study-pathways/educational-pathways-program>, which also contains useful careers resources including information videos and fact sheets.

## UNSERIOUS CAREERS

### Educational Pathways Program Parent Information Night

**Mon 5 May**  
6pm-7.30pm

South Grafton Ex Services Club

**What are SBATs?**

Parents/Carers

You're invited to an informative evening exploring the Educational Pathways Program (EPP) in the Grafton area. You will gain valuable insights into how EPP programs can support your child's education/career journey.

**Guest Speaker**  
Alana Kilmartin  
'Unserious Careers' author

**Session Highlights**

- Real-life stories of career exploration and decision-making
- Tips for students on how to identify their interests and strengths
- Strategies for navigating career choices in a rapidly changing job market


**Q&A Session**

A Q&A session will allow you to ask questions and engage with educators and Alana Kilmartin

**How to start a SBAT?**



**SBAT benefits?**

**Educational Pathways Program**  
Grafton School Group



Register here!

Educational Pathways Program &  
Unserious Careers



## UNSW Gateway:

### Regional Residential Program



Apply to travel to Sydney to participate in a fully-funded 4-day residential program where you will:

- Discover UNSW Kensington campus and Sydney
- Participate in two days of on-campus experiences as part of the Year 12 Gateway Program
- Meet current uni students who moved from regional areas to Sydney to study at UNSW

**UNSW Sydney Kensington campus, 8 – 11 July 2025**

Apply now →



Applications close 2 May 2025



# GHS WELLBEING CORNER

## THE RESILIENCE PROJECT.

### Choosing a Gratitude Mindset

#### SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

#### HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

#### FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

@theresilienceproject... The Resilience Project The Resilience Project theresilienceproject.com.au

#### Kids Helpline:

1800 551 800 | [kidshelp.com.au](http://kidshelp.com.au)

#### Lifeline:

13 11 14 | [lifeline.org.au](http://lifeline.org.au)

#### Headspace:

1800 650 890 | [headspace.org.au](http://headspace.org.au)

#### Beyond Blue:

1300 224 636 | [beyondblue.org.au](http://beyondblue.org.au)

#### Suicide Call Back Service:

1300 659 467  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

#### ReachOut

A safe place to chat anonymously  
[au.reachout.com](http://au.reachout.com)

#### Parent Line NSW:

1300 1300 52 | [parentline.org.au](http://parentline.org.au)

#### Head Teacher Wellbeing:

Ms Kelly Blanch

#### School Counsellors:

Alison Fietz & Jason Wade

#### Wellbeing Officer:

Tara Mansfield

#### Student Support Officer:

Emma Johnston

#### Aboriginal Education Officer:

Fran Williams

If you have the chance to make things better for someone else, why wouldn't you?



Notice what you are doing well







# GHS P&C/CANTEEN NEWS

## School Jumpers & Hoodies available to purchase from our Canteen



Grafton High School  
Tuckshop



## P & C MEETINGS

### Term 2

Week 3: Wednesday May 14 2025 - General Meeting

Week 8: Wednesday June 18 2025 - General Meeting

### Term 3

Week 3: Wednesday August 6 2025 - General Meeting

Week 8: Wednesday September 10 2025 - General Meeting

### Term 4

Week 3: Wednesday October 29 2025 - General Meeting

Week 8: Wednesday December 3 2025 - General Meeting

All meetings start at 6:15pm,  
held in the Common Room  
at Grafton High School  
- entrance via Mary Street.



# YOUTH RUN FOR MENTAL HEALTH

Come wearing your best colours and crazy socks  
Prizes for best socks will be awarded.

Sunday 13th April  
7:30 - 10:30  
Memorial Park

FREE Participation  
FREE BBQ Breakfast  
Information Stalls  
Giveaways  
Music

Join our 5km Run/Walk to Raise Awareness For Youth Mental Health  
All Ages and All Fitness Levels and Abilities are Welcome!

RUNNING FOR YOUTH  
RUNNING FOR YOU!

Register with this QR code

clarencevalleyyouth  
clarencevalley\_youth

All Youth week events are drug, vape and alcohol free.  
Children under 12 must be supervised.  
For more information contact Allira on 0428 420 908

# YOUTH WEEK Basketball Tournament ROUND 2

MATE MATE

APRIL 14TH - 10AM - 2.30PM  
JLAWRENCE FIELD SOUTH GRAFTON

Limited places available register team here

\$100 REBEL GIFT CARD FOR WINNING TEAM - THANKS TO BULGAR

ALL YOUTH WEEK EVENTS ARE DRUG, ALCOHOL AND VAPE FREE. CHILDREN UNDER 12 MUST BE ACCOMPANIED BY AN ADULT.



## LIVE 'N' LOUD AT THE LIBRARY

FREE EVENT

17 APRIL  
5:00-9:00PM

GRAFTON LIBRARY CARPARK

Killswitch • Polar • Logan  
Ribbitism • The Enns of the Earth  
Ratchet • Ellie Metcalfe • CV Con Rock Band  
G2G • Vesper • Annabelle Hourigan  
Ironbark • Marama • PACV Enrich\*

free food stalls & other free entertainment  
BYO chair

FREE tickets here

Grafton Midday Rotary NSW YOUTH WEEK clarence your library - your place

Live 'n' Loud is a drug and alcohol free event. Under 12's must be accompanied by an adult.  
\*Performers may be subject to change.

## Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

saverplus 1300 610 355 saverplus.org.au

Don't hesitate to contact us

[grafton-h.school@det.nsw.edu.au](mailto:grafton-h.school@det.nsw.edu.au) 02 6642 3355

You can find important updates and further information on our website, parent portal app and facebook page

<https://grafton-h.schools.nsw.gov.au> [facebook.com/GraftonHighSchool](https://facebook.com/GraftonHighSchool)

Parent portal - [grafton-h.sentral.com.au/portal/login](https://grafton-h.sentral.com.au/portal/login)

