



NEWSLETTER

GRAFTON HIGH SCHOOL

Term 2 Week 10 2025

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CALENDAR REMINDERS

Fri 4 July

Last day of Term 2 for students

Mon 21 July

School Development Day - Pupil Free

Tue 22 July

Students return to school

Wed 23 July

Country Cup U13s Boys Rugby League Regional Final

Thu 24 July

Zone Athletics Coffs Harbour

Tue 29 July

Whole School Parent/Carer Teacher Interviews

Wed 30 July

Inquisitive Minds Workshops at GHS

Tue 5 August

Year 6 into Year 7 Information Evening
Under 15s CHS Gala Day Knockout Netball

Tue 12 August

Ski Trip

Mon 18 August

Police talks for Years 8-10



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



FROM THE PRINCIPAL'S DESK

We reach the halfway point of the year, and while there have been many positives to report from Term 2, the first topic I'd like to address in this newsletter is the staffing challenges we have experienced this term, which have significantly impacted students and staff. Unplanned leave from staff for sickness and other reasons beyond their control was significantly higher than our long-term average for most of this term, which combined with previously planned leave such as parental leave, and continuing limited availability of casual staff on a day-to-day basis, meant that we had many classes revert to supervision instead of teaching and learning. This has clearly been disappointing for all of us, and I have spent much of this term actively seeking additional staff, working with NSW DoE recruitment supports to recruit further quality temporary and permanent staff, while also working internally with our team to workshop what could be done to help the situation. A key part of my role as Principal is to recruit quality teachers and staff who can positively impact student learning, and maintain the standards expected for those currently employed. Despite recruitment progress being frustratingly slow at times, I take this responsibility very seriously.

As we head into Term 3, I am relieved to report that we will have four of our permanent staff return from long term leave, and two new permanent staff begin. We are still actively recruiting staff for our support faculty, and continue advertising for relief staff which we plan to employ on contract. As a result of the increase in the number of staff, I am expecting that in Term 3 and 4 we will not see a repeat of the level of disruption experienced this term. Merged classes combined for supervision may be used on occasions due to unusually busy days or major excursions occurring in particular period of time, but I expect that this once again becomes the exception, and not the norm, as we have experienced recently.

Our timetable is structured so that almost all subjects are afforded significantly more hours than required by NSW Education Standards Authority across the year, and so with an improvement in our staffing as I expect we will see, classes will still have the required time across the year to cover each curriculum, albeit with teachers adjusting their programs to cater for the lessons lost that they would have planned for. I am grateful to our students for enduring the disruption with such respect, to our staff for going above and beyond what is expected of them on site each day, and to our families for trusting that we were taking the situation seriously and actively trying to address it.

Beyond the above, I'd like to acknowledge a couple of retirements from our staff here. Lyndall Reardon is now on leave pending retirement after 33 years of teaching here at Grafton High School. There are generations of students and families that have benefited from her work, and I thank her for her contribution to education. Shirley Kelly will retire at the end of this term, after fulfilling multiple different administration roles in her 27 years here. The work of people such as Shirley is often unseen and undervalued, but she has been a key part of our team that makes this school tick along each and every day. Thank you, Shirley.

I wish all our students, staff and families a safe and happy school holiday period, and we look forward to getting into our teaching and learning in Terms 3 and 4 with renewed purpose and motivation.

Scott Dinham





SPORT NEWS

Outstanding Performances by GHS Open Hockey Teams

Congratulations to both the Grafton High School Open Girls and Boys Hockey teams for their impressive performances at the recent hockey event in week 8.

The Girls Open Hockey team claimed a fantastic win against South Grafton High School, showcasing great skill, teamwork, and determination throughout the match. Well done, girls!

Meanwhile, the Open Boys Hockey team made a strong start in their campaign towards the NSW CHS Boys Hockey Knockout Finals. In a double-header format, the boys secured victories against both Coffs Harbour Senior College and South Grafton High School. Beyond the scoreboard, the team displayed humility and dignity, proving that being good at sport is equally about being a good sport.

Well done to all players involved for representing GHS with pride, skill, and sportsmanship.



Bill Turner Cup

Our Grafton High soccer team put in a determined effort on Friday week 6, in a challenging game against Bishop Druitt College. Despite the final score, 3-0 in BDC's favour, our players showed teamwork and put in their all until the final whistle.

The first half saw BDC take an early lead with a well-executed goal, but our boys didn't drop their heads. We kept the pressure on and created some promising chances, pushing hard to level the score. The second half was a true test of endurance and focus, with both sides battling it out in midfield and our defence working overtime to hold the line.

With just five minutes left on the clock, BDC managed to sneak in two late goals. While it wasn't the outcome we hoped for, there's no question that our team left everything on the field.

We're proud of the spirit, sportsmanship and effort shown by every player. Well done team, and Mr Yong!





AROUND THE SCHOOL NEWS

GHS Hosts Bangarra Dance Company

On Thursday week 8, we had the pleasure of hosting Bangarra Dance Company as they provided schools in the area with an opportunity to connect with culture through dance. All students worked hard to problem solve and improve their choreography, ending the day tired but proud of their efforts. In these workshops, students have the chance to be shortlisted for Junior Dance Company. GHS had 3 students shortlisted today, with another having already applied for this company earlier in the term. We will find out the results at the end of this term. So, fingers crossed and good luck to those amazing dancers! Thanks Bangarra, we will see you at School Spec!



GHS Breakfast Club - Over 100 Toasties a Day!

Our GHS Breakfast Club is going from strength to strength, now serving up over 100 toasties every day! It's been fantastic to see so many students starting their day right with a healthy, hearty breakfast.

The Breakfast Club runs daily from 8:20am to 8:45am in T7 and is open to all students. It's a free program designed to support student wellbeing and learning by ensuring everyone has access to a nutritious start to their day.

Eating breakfast has proven benefits for teens, including:

- Improved energy and mood
- Better concentration and memory
- Higher academic performance
- Positive impacts on overall health



We want to give a huge shout out to Coles Grafton and Mission Australia for their generous support of our Breakfast Club. We'd also like to extend a heartfelt thank you to the incredible volunteers who turn up each morning to help serve food, support our students, and create a welcoming atmosphere.

Your time and efforts make a big difference – and judging by the popularity of our toasties, you're definitely doing something right! Together, we're making mornings brighter at GHS. ☀️

Farewell from Lucy – Our Rotary Exchange Student

Hello everyone, you might know me as Lucy or Luci! I'm a rotary exchange student from Turin, Italy and I've enjoyed Australian life for the last 12 months. As my exchange year comes to an end, I want to thank Grafton High School for making this experience unforgettable. From the moment I arrived, I was welcomed with kindness and support, and I've felt part of the school community ever since. I've had the chance to explore incredible places through school trips — from Heron Island to Sydney for the play King Henry IV, Brisbane and the much closer Baryulgil Primary School. I've also been on an amazing Safari with Rotary from Adelaide to Uluru and a host family trip to Melbourne. By joining the Aboriginal studies class, I was able to learn about Aboriginal culture and customs - all of which I hadn't known before. Each experience has taught me something new and helped shape my time here into something truly special. I've also learnt the importance of stepping out of my comfort zone and more importantly that family is what you make it. I'll always carry these memories with me, along with the friendships and lessons I've gained during my time here. Though I'm heading back home soon, a part of me will always stay here in Australia.



NAIDOC Week in Year 7 Tech Mandatory: Learning with Local Elders

As part of NAIDOC Week celebrations, Year 7 Technology Mandatory students had the privilege of working alongside local Elders in a culturally rich and engaging learning experience. Guided by Uncle Avery, Uncle Kenny, Uncle Joe, and Maddy, students prepared traditional Fry Bread using simple ingredients like flour and water. Each session was filled with storytelling, laughter, and valuable cultural exchange, as Elders generously shared their time, knowledge, and traditions. This meaningful experience not only developed students' practical skills but also deepened their understanding and appreciation of Aboriginal culture, supporting the cross-curriculum priority of Aboriginal and Torres Strait Islander Histories and Cultures.



The Long Way Home Podcast

The Long Way Home – Stories from the Clarence Valley' is an incredible short story writing competition where writers and story tellers of all ages from across the Clarence Valley put pen to paper in a beautiful collection of stories inspired by a central and different theme each year.

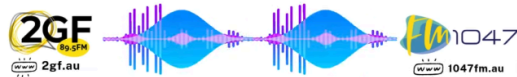
In last year's Long Way Home competition, two GHS students, Elsie S in Year 10 and Mia O from Year 8 were selected as finalists, with Mia's story taking out second place in the Secondary competition.

This year, a new chapter of the Long Way Home tale has evolved into an exciting auditory experience where some of the stories have taken flight as audio stories. One of those selected stories was Elsie's 'My Kingdom, My Knight'

Locally produced by 2GF and FM1047, all recording and production was completed in-house at their studio facility, featuring the voices of local identities, including one of our English teachers, Karla Hubbard.

The audio collection is completely free and is available to listen to on the 2GF website, or by clicking the link below.

<https://omny.fm/shows/2gf-fm1047/chapter-1-black-shadows-remi-murphy>



Well Done Elsie

Reports & Parent/Carer Teacher Interviews

School reports will be sent home on Thursday 3 July.

Parent/Carer Teacher Interviews for years 7-12 will be held in week 2 of Term 3.

Parents and carers will be able to book a timeslot with their child's teacher/s via the Parent Portal, which opens on the last day of this term.

Come along, meet some teachers and discuss your child's progress at school.



Grafton High School

**PARENT/CARER
TEACHER INTERVIEWS**

Tuesday 29 July 2025
At Grafton High School
Multi-Purpose Centre (MPC)
4pm to 6pm

Bookings can be made on the Parent Portal
from 3:10pm on Friday 4 July 2025
and will close on Monday 28 July at 3:10pm

Farewell & Happy Retirement to Shirley Kelly!



After 27 years of dedicated service at Grafton High School, Shirley Kelly is hanging up her lanyard and heading into a well-earned retirement at the end of this term. Shirley has worked in various positions across the school, from the kitchens to the library, but most of you would know her from the cash desk or front reception. Shirley has been a steadfast presence in our front office — the first face many students, staff, and parents have seen walking through our doors. Whether it was answering phones, chasing down forms, receipting payments or keeping everything (and everyone) in order, Shirley has left her mark on generations of GHS families. Shirley was also a big driver of the GHS Centenary celebrations in 2012. As she finishes up this term, Shirley is looking forward to more time on the farm, enjoying her grandkids, and embracing a slower pace of life — without bells or continuous paperwork. We thank Shirley for her many years of service and wish her all the very best in retirement.

MATHS FACULTY Pi Day Competition



PI DAY • PI DAY • PI DAY • PI DAY • PI DAY •
3.141592653589793238462643383
2795028841971693993751058209
7494459230781640628620899862
8034825342117067982148086513
2823066470938446095505822317
2535940812848111745028410270
1938521105559644622948954930
3819644288109756659334461284
7564823378678316527120190914
5648566923460348610454326648
2133936072602491412737245370
0660631558817488152092096282
925409171536436789259036093...
• PI DAY • PI DAY • PI DAY • PI DAY • PI DAY •

The Pi Song
Learn 100
digits of Pi



The Pi Song 3.0
Learn 300
digits of Pi



PI DAY COMPETITION!



FIRST DAY OF TERM 3

Who can recite Pi to the most number of decimal places?

Sign up at the mathematics staffroom

Prizes for all entrants

NOVELTY ACTIVITIES DURING LUNCH





LIBRARY NEWS



The library has proved to be Grafton High School's most popular place to spend time before school and during breaks. This could be due to our wonderful heating system or, as we prefer to think, it is because of the great atmosphere, friendly staff and wide range of games available for students to play together. Most days we have had over 60 students spending time in the library with the most popular activities being Chess, Uno, Jigsaws, Headbandz, Rummy-O and "Taco, Cat, Goat, Cheese, Pizza." Computer games are also very popular.

All students are encouraged to use the library and borrow books. We are constantly buying new books and asking students for suggestions of what they would like to read. Over 900 books have been borrowed so far this year with Fantasy and Graphic novels being the most popular genres. Conner pictured (right) is our most prolific reader having borrowed over 40 books so far this year.



Artwork by Matt Ottley

The Premier's Reading Challenge started at the end of February and we have a small but dedicated group of students aiming to complete this award.

So far two year 7 students, Kobe and Jayda have finished reading and logging their twenty books as has Ashleigh in Year 10. Another fifteen students are progressing steadily. A reminder that the completion date for the Online Student Reading Record has been extended to 19 September. It would be wonderful to see more students achieving this award.



NSW Department of Education

**2025 NSW Premier's
Reading Challenge**
Start reading now!

www.premiersreadingchallenge.nsw.edu.au



**Key dates
for students
in K-10:**
Challenge opens
Monday 24 February
Challenge closes
for student entries
Friday 22 August



"The more that you read, the more things you will know.
The more that you learn, the more places you'll go."





Ancient Roman Artifacts by Year 7

As part of their Term 2 assessment in History, Year 7 students were challenged to design and create a replica of an Ancient Roman artifact. The task encouraged creativity, historical understanding, and hands-on learning.

A selection of the most impressive and well researched pieces has been proudly displayed in the school library, drawing interest and admiration from students and staff alike. The display showcases the effort, craftsmanship, and historical insight demonstrated by our budding historians. Well done to all students involved for bringing the ancient world into the present with such enthusiasm and skill!





EXCURSION NEWS

Year 12 Food Tech & Hospitality Excursion

In week 8, our Year 12 Food Technology and Hospitality students enjoyed an engaging and educational excursion, exploring key aspects of the industry through three exciting stops.

The day began at Botero Coffee Roasters, where students were taken on an informative tour of the roastery, learning about the entire process from raw green bean to the final brewed cup. After the tour, they relaxed with a delicious morning tea in the café, while the Lego room provided some light-hearted entertainment for the big kids at heart while they waited for their meals.

Following this, students took to the streets of Maclean for a Mystery Shopper Challenge. Working in teams, they visited a variety of local cafés to investigate important elements of Hospitality and food service and catering, including product pricing, customer service and food presentation. Their keen observations and teamwork were rewarded, with the winning groups receiving a sweet treat from the Maclean Lolly Shop.

The final stop of the day was a visit to Sanctus Brewing Company, where students were given a behind-the-scenes tour led by the informative staff. Here, they explored industrial food manufacturing equipment and learned about the food product development process - from concept creation to finished product - linking directly to our Food Manufacture and Australian Food Industry content. The day concluded with students sampling items from Sanctus' newly released lunch menu before heading home, full of knowledge (and food!).

This excursion provided an invaluable real-world insight into the hospitality and food technology industries, and was a memorable experience for all involved.





Biggest Morning Tea

On Friday, 13 June, the SRC hosted a staff Biggest Morning Tea to support the Cancer Council. Thanks to the generosity and support of the GHS staff, a total of \$426.50 was raised.

The SRC would like to extend a huge thank you to Mrs Ellis and her Year 11 and 12 Hospitality classes for preparing and serving a delicious morning tea. We also wish to acknowledge and thank local businesses Flowers by Bonnie and Kindred Folk Florist for their generous donations of flowers, which were sold to help raise additional funds.

Thank you to everyone who contributed to making the event a great success!



Student Leaders Visit Parliament & Government House

In Week 6, two of our School Captains, Makayla and Sienna, travelled to Sydney to represent Grafton High School as part of the Secondary Student Leadership Program. During their visit, they toured the NSW Parliament, heard from local MPs about leadership, and observed parliamentary proceedings in both houses.

A highlight of the day was enjoying lunch in the exclusive President's Dining Room, followed by a visit to Government House, where they were introduced to Governor Margaret Beazley and enjoyed afternoon tea in her stunning harbourfront garden.

Makayla and Sienna were outstanding ambassadors for our school, and we are confident they will continue to lead beyond their time at Grafton High.



Best Dressed Competition Brings Colour to the Sports Carnival

The SRC recently held a Best Dressed Competition at the school's sports carnival, and it was fantastic to see so many students showing their school spirit by proudly wearing their house colours.

A big thank you to the following local businesses for generously donating prizes for this competition: Anytime Fitness, Sports Power, and Jetts Grafton. Your support is much appreciated.



Whale Watching Adventure for SLIP Students

Students in SLIP 1 and SLIP 2 recently completed a scenic 6km hike through Yuraygir National Park at Angourie, and were treated to a spectacular sight along the way. As they made their way along the coastal track, students spotted several whales on their annual migration from Antarctica to the Great Barrier Reef.

This experience was especially meaningful, as students have been studying the novel *Blueback* this term and learning about marine life, including whales. Seeing these majestic creatures in their natural habitat brought their learning to life in the most memorable way.

It was a fantastic day of exploration, learning, and connecting classroom knowledge with the world around them.





CAREERS NEWS

White Card Course

During week 9, twenty students successfully completed the White Card course, a crucial requirement for anyone looking to work on a construction site. These students are congratulated on their exemplary behaviour and engagement throughout the day. Well done!



Aboriginal Cultural and Careers Day

On a recent excursion to the Aboriginal Cultural and Careers Day at South Grafton High School, 19 of our students had the opportunity to engage with various employers, services, and universities, broadening their horizons and career prospects. Notably, our Aboriginal School-Based Apprenticeship and Traineeship (SBAT) students were recognised for their outstanding efforts, showcasing their commitment and achievements. This event not only fostered valuable networking opportunities but also celebrated the rich cultural heritage of Aboriginal communities, inspiring our students to pursue their aspirations with confidence.



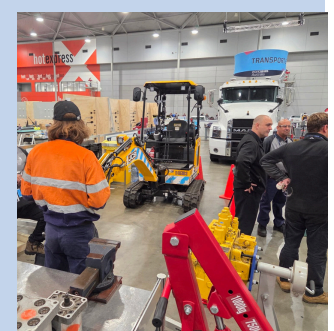
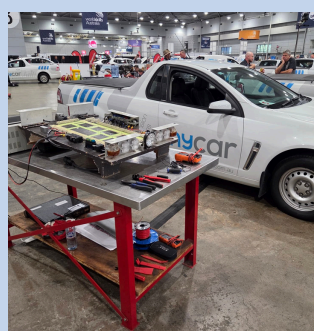
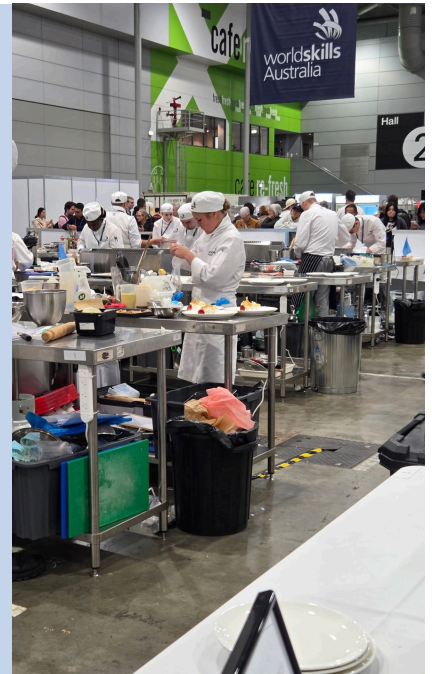
World Skills Australia National Championships & Skills Show Excursion

Year 11 and 12 students took part in an excursion to the Brisbane Convention & Exhibition Centre to attend the World Skills Australia, 2025 National Championships & Skills Show. The group travelled to Brisbane and back to witness the competition, where over 60 skills were showcased as Australia's top apprentices and trainees competed for gold in the nation's largest vocational competition, often referred to as the 'Trade Olympics.' Additionally, the students had the chance to engage in hands-on 'Try-a-Skill' experiences and visit the adjoining Careers Expo.



Students shared their positive reflections on the day, with many stating it was a great experience and expressing their amazement at the competition. They particularly enjoyed areas such as carpentry, landscaping, barbering, auto electrics, butchering, jewellery, bricklaying, plumbing, and tiling, among others.

Several students also had the opportunity to explore the equipment displayed by the Australian Defence Force at the Careers Expo. This free excursion was made possible by the Educational Pathways Program (EPP) at our school, which aims to ensure that students are well-prepared for higher education, training, or employment after leaving school.



Cert III in Beekeeping

Here are a few snapshots of Jacko, who's just about to wrap up his Certificate III in Beekeeping. What began as a bit of work experience soon transpired into a School-Based Apprenticeship. Along the way, Jacko has mastered the intricate and technical art of beekeeping and is absolutely loving his job and workplace.

Great work, Jacko!



GHS SBAT Students Shine at 2025 Training Awards

Grafton High School is incredibly proud of our SBAT (School-Based Apprenticeship and Traineeship) students, Summer and Jorja, who recently attended the 2025 NSW Training Awards for the North Coast and Mid North Coast region. Both students were nominated and selected as finalists in their respective categories, an impressive feat given the size and competitiveness of the region.

- Summer, a recent GHS graduate and SBAT program participant, was a finalist in the Aboriginal & Torres Strait Islander Student of the Year category.
- Jorja Willis, currently in attendance at GHS, was a finalist in the School-Based Apprentice/Trainee of the Year category.

After a rigorous application and interview process involving both students and employers, being chosen as one of only three finalists is an incredible achievement in itself. They are already winners in our eyes – congratulations, Summer and Jorja! This is why we do what we do.



Year 10 Coffs Career Connections Expo

During week 6, students participated in the Year 10 Coffs Career Connections Expo, an engaging event that provided them with valuable insights into various career pathways and opportunities. Held annually in Coffs Harbour, the expo featured interactive displays, workshops, and presentations from local businesses, training organisations, and educational institutions.

This experience allowed Year 10 students to explore different career options, engage with potential employers, and gather essential information to help them make informed decisions about their future studies and career choices.





GHS PBL SHARE AWARDS



Each fortnight we have approximately 2000 positive incidents entered for students. Out of all of these positive incidents, the following students have been randomly selected to receive a SHARE Award and prize, donated by the businesses who are supporting our SHARE Awards. Congratulations to the following students:

SHARE Award Recipients

Week 7

- Ruby L from year 7, has won a Grafton Tenpin Bowling Family Pass, for SHARE value EFFORT in Science.
- Zayne C from year 10, has won a Canteen Voucher, for SHARE value EFFORT in Marine Studies.
- Felicity C from year 7, has won an ESP Voucher, for SHARE value EFFORT in English.
- Lance F in year 8, has won 3 bonus positive referrals, for SHARE value RESPONSIBILITY in Visual Arts.
- Faris C in WISE1 Year 10, has won a Canteen Voucher donated by M&J Logging, for SHARE value EFFORT in all aspects of the classroom.

Week 9

- Torna S in year 11, has won a Grafton Tenpin Bowling Family Pass, for SHARE value EFFORT in Legal Studies.
- Zoe W in year 7, has won a Canteen Voucher, for SHARE value RESPONSIBILITY Excellent work and behaviour in home room.
- Harry T in year 8, has won an ESP Voucher, for SHARE value EFFORT in cooking class.
- Katelyn B in year 8, has won 3 bonus positive referrals, for SHARE value EFFORT in Science.
- Braxton C in year 7 WISE 2, has won a Canteen Voucher donated by M&J Logging, for SHARE value EFFORT for positive participation in class activities.

Year Adviser Award Recipients

Week 6

Ivy D Y7
Savannah L Y8
Saxon H Y9
Jeremy D Y10
Lily W Y11
Lily P Y12
Seth M WISE2

Week 8

Jayda C Y7
Biana R Y7
Eli L Y8
Caleb Shaw Y9
Elsie S Y10
Toby S Y11
Lucy S Y12
Faris C WISE1

Week 10

Vince R Y7
Ruby C Y8
Adelaide Orr Y9
Sam H Y10
Hayden L Y11
Rebecca B Y12
Roman F SLIP3

Year Adviser's nominate a student from their year group who have been consistently following GHS SHARE values over the last fortnight to receive a Year Adviser's Award.

Well done to these students.



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

Celebrating Student Success at our Award Presentation Assembly

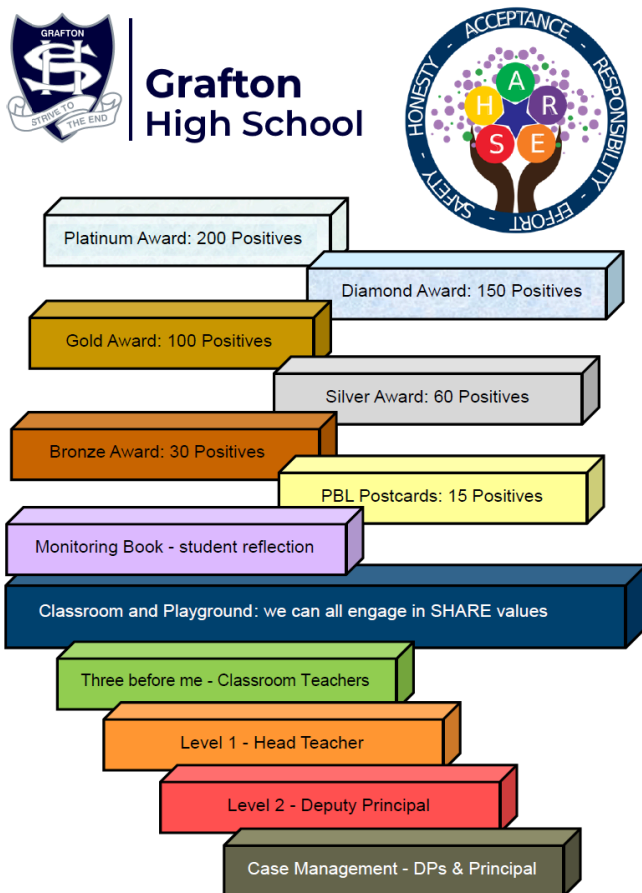
On Thursday 26 June, Grafton High School held a special Award Presentation Assembly to recognise and celebrate the outstanding achievements of our students throughout the semester.

We were proud to present a remarkable 640 Merit Awards, 37 Silver Awards, and 3 Gold Awards to students who have demonstrated excellence in their academic efforts and classroom engagement. In addition, 23 Attendance Awards were presented to students who achieved 100% attendance, acknowledging their commitment and dedication to learning.

The assembly saw a fantastic turnout, with proud families, staff, and fellow students gathering to support and applaud the recipients. It was a true celebration of hard work, perseverance, and the GHS SHARE values — Safety, Honesty, Acceptance, Responsibility, and Effort — that our students strive to uphold.

A heartfelt thank you to everyone who helped organise the event, and to all those who attended in support. Most importantly, congratulations to our students — your achievements are well deserved and a reflection of your dedication and positive attitude. Keep up the great work!

Stages of intervention through the GHS Student Management Framework





GHS P&C CANTEEN

WANTED: Black or Grey Shorts

If you happen to have any spare or outgrown black or grey shorts, they would be greatly appreciated by our Canteen to add to our clothing pool.



FOR SALE: School Jumpers

Reminder we have school jumpers and hoodies available to purchase from our canteen.



P & C MEETINGS



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 now start at 5:30pm,
held in the Common Room at Grafton High School
- entrance via Mary Street.



FOLLOW US ON
facebook

**Grafton High School
Tuckshop**



VOLUNTEERS NEEDED

*Calling All Parents/Carers
We Need Your Help*

At GHS we are so grateful for the lovely ladies who work in our school canteen, every day they are serving our students and staff delicious healthy food.

The canteen also sell stationery items and can help you with school uniform purchases.

We would certainly appreciate any new additional volunteers to help prepare food for a few hours, once or twice a month.



Find out what really goes on in the school!!



GHS SCHOOL CANTEEN



GHS WELLBEING CORNER

THE RESILIENCE PROJECT.

GEM Chats Mindfulness

CREATING WELLBEING HABITS & CONNECTION

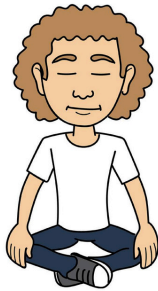
GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice mindfulness.

Try these prompts:

- ★ What **mindfulness tools** did you use today?
- ★ Take a moment to look out the window or around the room.
 - » 3 things you can see.
 - » 2 things you can hear.
 - » 1 thing you can feel.
 - » Notice how you feel after stopping for a moment.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

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

THE RESILIENCE PROJECT.

Family Activity

MINDFUL MOVEMENT: CONNECTING BODY & MIND

As a family, discuss how often when we move, we do so mindlessly. We are more focused on where we are trying to get to or the thoughts spinning around in our heads. **When we move with mindfulness, it becomes a fantastic way to bring together movement of the body and focus of the mind.**

ACTIVITY IDEA: FAMILY WALKING MEDITATION

Set aside time to take a short walk together. As you walk, practice mindful movement by focusing on each step you take. **Remind yourselves that your body is moving, while your mind remains calm and present.**

Here are some ideas to help you focus:

- ★ Pay attention to **your breath** as you walk.
- ★ Notice how your **arms swing**, your **feet lift**, and your **knees bend**.
- ★ **Focus on the sensation** of your foot touching the ground: heel, ball, and toes.

After your walk, talk about how it felt. Did it help you feel more centered? Where else in your daily life could mindful movement be helpful?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

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



Kids Helpline:
1800 551 800 | kidshep.com.au

Lifeline:
13 11 14 | lifeline.org.au

Headspace:
1800 650 890 | headspace.org.au

Parent Line NSW:
1300 1300 52 | parentline.org.au

Beyond Blue:
1300 224 636 | beyondblue.org.au

Suicide Call Back Service:
1300 659 467
suicidecallbackservice.org.au

ReachOut
A safe place to chat anonymously
au.reachout.com

GHS Wellbeing Team

Head Teacher Wellbeing:
Ms Kelly Blanch

School Counsellors:
Alison Fietz & Susan Hugo

Wellbeing Officer:
Tara Mansfield

Student Support Officer:
Emma Johnston

Aboriginal Education Officer:
Fran Williams

CLARENCE YOUTH

SCHOOL HOLIDAY PROGRAM

FREE ACTIVITIES FOR YOUNG PEOPLE 12-18!

WEEK 1

FLOWER CROWN WORKSHOP
Monday 7th July, 2pm to 4pm
Glenreagh Community Hall, Glenreagh
Bookings essential text – 0478 099 905

DROP-IN – BALL GAMES & TOASTIES
Monday 7th July, 3:30pm to 5pm
Coutts Crossing Skate Park, Coutts Crossing
Just turn up!

DREAM CATCHER WORKSHOP
Tuesday 8th July, 2pm to 4pm
Iluka Community Hall, Iluka
Bookings essential text – 0478 099 905

SKATE & CREATE WORKSHOP
Tuesday 8th July, 2pm to 4pm
Wooli Skate Park, Wooli
Bookings essential -
<https://www.clarence.nsw.gov.au/skateboarding-workshop-wooli>

GRAFFITI ART WORKSHOP
Wednesday 9th July, 2pm to 4pm
Pirate Park, South Grafton
Bookings essential text – 0423 134 173

LOWER CLARENCE NAIDOC COMMUNITY FUN DAY
Wednesday 9th July, 10am to 2pm
Ford Park, Yamba
Just turn up!

OUT OF THE BOX YOUTH SESSION Bootcamp & Snacks
Wednesday 9th July, 3:30pm to 5pm
Out of the Box, Wherrett Park, Maclean
Just turn up!

NAIDOC 2025 COMMUNITY FUN DAY
Thursday 10th July, 10am to 2pm
Grafton Showground, Grafton
Just turn up!

GRAFFITI ART WORKSHOP
Friday 11th July, 2pm to 4pm
Bailey Park, Ulmarra
Bookings essential text – 0423 134 173

OUT OF THE BOX YOUTH SESSION Soccer & Toasties
Friday 11th July, 3:30pm to 5pm
Out of the Box, Yamba Skate Park, Yamba
Just turn up!

For more information and updates, check out our Facebook page Clarence Valley Youth'. Please call 0428 420 908 if more details are required. Outdoor activities will be postponed in the case of wet weather. Programs proudly sponsored by:

CLARENCE YOUTH

SCHOOL HOLIDAY PROGRAM

FREE ACTIVITIES FOR YOUNG PEOPLE 12-18!

WEEK 2

WEARABLE ART WORKSHOP
Monday 14th July, 2pm to 4pm
Coutts Crossing Community Hall, Coutts Crossing
Bookings essential text – 0414 284 150

SKATE & CREATE WORKSHOP
Tuesday 15th July, 2pm to 4pm
Grafton Skate Park, Grafton
Bookings essential -
<https://www.clarence.nsw.gov.au/skateboarding-workshop-grafton>

LASER SKIRMISH
Tuesday 15th July, 2pm to 4pm
Memorial Park, Lawrence
Just turn up!

LASER SKIRMISH
Wednesday 16th July, 2pm to 4pm
Woombah Park, Woombah
Just turn up!

OUT OF THE BOX YOUTH SESSION Soccer & Snacks
Wednesday 16th July, 3:30pm to 5pm
Out of the Box, Wherrett Park, Maclean
Just turn up!

SURFING WORKSHOP
Thursday 17th July, 9am to 12noon
Main Beach, Minnie Water
Bookings essential text – 0447 693 863

DRUMMING WORKSHOP & ACTIVITIES BY MUDYALA
Thursday 17th July, 2pm to 4pm
Rocky Mouth Pavilion (Showground), Maclean
Just turn up!

OUT OF THE BOX YOUTH SESSION Bootcamp, Giant Jenga & Milkshakes
Friday 18th July, 3:30pm to 5pm
Out of the Box, Yamba Skate Park, Yamba
Just turn up!

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Wax Lyrical U18's Songwriter Showcase

Perform your original song for a chance to win prizes!

MONDAY 14TH JULY - WEDNESDAY 16TH JULY 10AM - 1PM

HOW IT WORKS:
You'll have 20 minutes to perform LIVE at Grafton Shoppingworld!
But here's the important part—only your original song will be recorded and submitted to our sponsors for voting. So, make sure your original song is front and center!

WHAT CAN YOU WIN?!
1st Prize: \$500 Recording Package with Clarence Valley Sound, PLUS an exclusive interview on FM104.7 and your song played live on AIR!
2nd Prize: \$100 Grafton Shoppingworld Gift Voucher
3rd Prize: \$50 Grafton Shoppingworld Gift Voucher

SIGN UP NOW!
Email your expression of interest and details to Ryan at admin@ryanmartin.com.au
Entries close Wednesday 9th July

SPONSORED BY

Grafton High School

YEAR 6 INTO YEAR 7 PARENT/CARER INFORMATION EVENING

6pm Tuesday 5 August 2025
at Grafton High School Multi-Purpose Centre (MPC)
(enter via Fry Street)

Grafton High School invites all prospective students entering Year 7 in 2026 and their families to attend our information evening

Don't hesitate to contact us

 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

 Parent portal - grafton-h.sentrail.com.au/portal/login

