



NEWSLETTER

GRAFTON HIGH SCHOOL

Term 2 Week 5 2025

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UPCOMING EVENTS

- **Thu 12 June**
Athletics Carnival
- **Mon 16 June**
Year 10 Immunisations
- **Tue 24 June**
HSC Subject Selection Evening
- **Thu 26 June**
Merit Award Presentation
- **Fri 4 July**
Last day of Term 2 for students



Did you know you can view our
School Calendar
on the Sentral for Parents App?

 [Sentral for Parents](#)



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



FROM THE PRINCIPAL'S DESK

Half way through Term 2 already! The year is well and truly in full swing now, with many great things occurring, and much learning in classrooms each day.

We've finally been able to begin using our oval and other outdoor facilities again after the extended period of wet weather experienced, although still in a reduced capacity. It has been a challenge for many of our students not having their usual physical outlets available to them at break time. Our thoughts are with our peers, colleagues and families in the areas south of us recently impacted by flooding and rain.

This week we have had a team from Western Sydney University visit to work with our school community on building a sense of belonging and finishing school well. There is much good work already being done, but we intend to continuously improve what we do to improve the experiences of our students each day. We are hopeful that this team and research study can contribute to this work. Additionally, we will also be completing the NSW Public School Student Survey during this period of time that will also give us valuable information on student perspectives at our school. This survey replaces the Tell Them From Me Surveys of previous years. There will not be a parent or staff survey ready for 2025, but these will be used in 2026.

As we head into the second half of Term 2, we look forward to many of the good things that are on offer here at Grafton HS. Our athletics carnival is fast approaching, and our debating teams are honing their skills again ready for competition, and many of our sporting teams are well into their competitions as well.

We will be celebrating some of our students striving for their best at our mid-year merit assemblies and we also look forward to guiding our Year 10 students through the beginning of the process of choosing subjects and pathways for Year 11 and 12.

I hope you enjoy the many examples of the wonderful things about Grafton High School showcased in this newsletter. I'm proud to be part of such a great team of students and staff that bring such positivity here each day.

Scott Dinham
Principal





SPORT NEWS

Bill Turner Cup Competition

A big shoutout to our talented boys and girls football teams who competed in the first round of the Bill Turner Cup against Maclean High School during week 1. Our girls team played with heart and determination in a close match, narrowly falling 2-1. Fantastic effort and teamwork on display - well done, girls.

Congratulations to our boys team for their strong performance and 3-1 victory - great work securing the win and advancing to the next round. Great job everyone!



Our boys football team went on to compete against McAuley Catholic College during week 5, with a hard-fought 1-0 win! A strong team performance and a well-earned result.

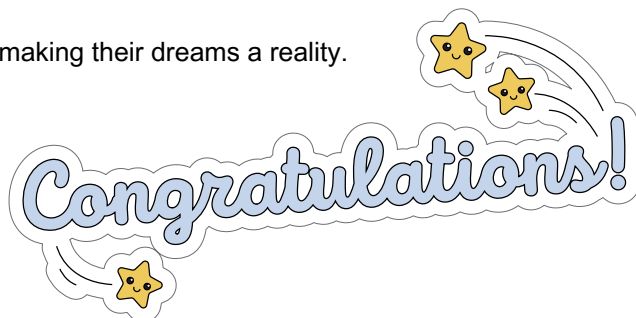
The boys will face Bishop Druitt College next week. Well done to all involved!



Rugby League News

We have two amazing students, Shaniqua and Shelera, playing in the NSW Combined High Schools Sport Australia Rugby League competition.

They are well on their way to making their dreams a reality. Congratulations, girls!



CHS Opens Tennis

A big shoutout to our GHS Tennis teams for their strong efforts on Tuesday Week 5. The Girls Team put in a great performance, defeating Bellingen. Despite a tough loss to Toormina, the girls showed great sportsmanship and determination. Some excellent matchplay on display!

The Boys Team had a big day on court, kicking things off with a win against Woolgoolga. After a long wait, they finally faced Toormina in a tightly contested battle. With singles, doubles, and reverse doubles played, the final result ended in a tie - and it all came down to the number of games won. Unfortunately, the boys went down by just 3 games. Well done!



Opens Boys Basketball Represent in the State Top 20

Building on their success from last term's regional competition, the Opens Boys Basketball team proudly represented the North Coast Region in the next stage of the tournament. The team travelled to Terrigal on the Central Coast to compete in the prestigious State Top 20 round as North Coast Region Champions.

After a hearty, protein-filled breakfast, the boys arrived at the stadium ready to face some of the strongest teams in the state — as expected at this level of competition. Despite some closely contested games, Grafton was unable to progress to the State Top 8, bringing an end to their impressive undefeated season.

Although the final result wasn't what they had hoped for, the team should be extremely proud of the outstanding effort, determination, and sportsmanship they have displayed throughout the year. Each player has represented the school and region with distinction, and the achievements of this season lay a strong foundation for future success.





AROUND THE SCHOOL NEWS

Grafton Show Winner!

Another winning display at the Grafton Show this year! We had contributions from WISE/SLIP, Science, History, Art and TAS faculties.

There is a huge variety of talent at our school (both students and staff), who helped make our colourful and engaging display so fantastic.

A big thank you to Mr Kelemec for your organisation and effort in showcasing our students' work. Well done to all involved.



Building Strong Foundations: Numeracy Rotations in Year 7 & 8 Homerooms

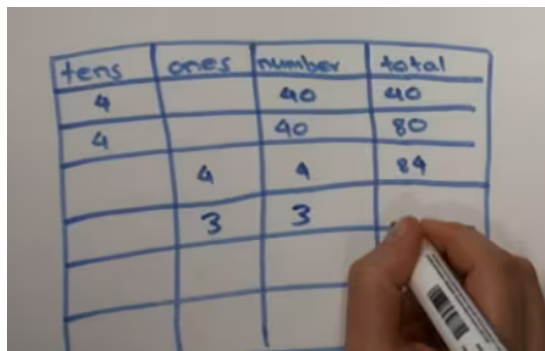
Numeracy isn't just something students need in Maths – it's a skill that plays an important role across many subjects in high school. Being able to work with numbers quickly and accurately is essential for success. That's why our Year 7 and Year 8 students take part in weekly numeracy rotations during homeroom – helping to build confidence, fluency, and a bit of friendly competition along the way!

Year 7 Numeracy Mondays

For our Year 7 students, Mondays are all about sharpening the basics: addition and subtraction. Each week, students play games that help them practise these core operations in a fun, engaging way.

Year 8 Numeracy Wednesdays

By Year 8, the focus shifts to working with fractions and decimals. Every Wednesday during homeroom, students play games like bingo, snap, and memory, designed to reinforce these concepts through repetition and quick thinking. These weekly sessions aren't just about numbers – they're about building confidence, teamwork, and a positive attitude towards learning. Keep an eye out – your child might just become the next bingo champion of fractions!



Year 11 Food Tech Students *Whisk* Up Some Fun!

Last term, our energetic Year 11 Food Technology students whisked up a whole lot of enthusiasm during their first assessment task, exploring how migration has shaped modern Australian cuisine. With aprons on and recipes in hand, they brought a vibrant mix of flavours and cultural influences to life in the kitchen.

The practical component saw students engaging in safe, hygienic food handling while having a great time presenting their dishes with creativity and care. Their positive attitude and team spirit made the classroom buzz with activity—and delicious aromas! Well done to the class for serving up such a fun and flavourful finish to the term!



NSW Public Schools Student Survey

In Term 2, we are offering our students the opportunity to participate in the NSW Public Schools Student Survey. The survey gives students the chance to share their thoughts and feelings about life at school, including questions about their engagement, learning experiences and wellbeing at school. Hearing directly from our students will help us understand what's working well and where improvements can be made to our school.

The survey is confidential, takes around 10 to 15 minutes to complete, and will be conducted online during school hours. Participation is voluntary.

If you prefer your child not to participate, please complete the opt-out consent form, which was sent home this week, and return it to the school.

Further information about the survey is available at <https://education.nsw.gov.au/npss>



SRC NEWS

Colour Run

The SRC had a busy finish to Term 1 holding a school disco and the Colour Run which was held alongside the cross country, to promote school spirit.



Anzac Day

It was fantastic to see so many GHS students representing the school at the ANZAC Day ceremony at Memorial Park during the school holidays. A special mention to Sienna C, who delivered an excellent speech on the Gallipoli landing. At our school's ANZAC assembly, our student leaders showed great maturity and respect. Makayla S gave a powerful and moving speech that honoured her own family's history of service.



SRC Leadership Day

Our SRC members also took part in a leadership day last Monday, developing key skills in public speaking, running meetings and team building. They also began planning exciting future SRC events.

A highlight of the day was hearing from guest speaker and former SRC representative Liam Mitchell, who shared valuable advice and inspiration with our student leaders.



Do it for Dolly SRC Fundraiser

On Friday Week 2, the staff and students at Grafton High School wore blue to support the Do It For Dolly Foundation that aims to eliminate bullying and make the world a kinder place.

A big shout out to Makayla S for creating an engaging and thoughtful Homeroom lesson about the charity and its message.

GHS raised an incredible \$688 for this important cause!





WISE AND SLIP NEWS

Close the Gap Day

Over 35 Students from the Grafton High School WISE & SLIP classes attended the "Close the Gap" event last week.

There were a variety of fun and interesting activities on offer, for example the NSW Health stand gave students the opportunity to learn how to perform CPR on a dummy.

A great day was had by all and a big thank you to the organisers of this wonderful community event.



Slip 1 News

SLIP 1 students, Romey, Lachlan, Zaiden, Charlie and Seth have now started their Work Experience Program at the PCYC. Each week they will be given a set of tasks to complete that assist with the general running of the gym, before being allowed to do a workout. Thank you to the PCYC for supporting our students with their individual pathways to employment.



WISE/SLIP Athletics Carnival

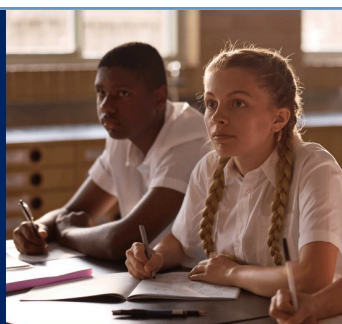
In Week 11 of Term 1, 26 students in our WISE/SLIP classes travelled to Coffs Harbour to participate in an Athletics Carnival. There were some impressive jumps, throws and relay races throughout the day. Congratulations to all students who took part in this special event.



Attendance matters means explaining all absences

If your child is:

- Sick
- Has a medical appointment
- Has to travel for family business
- Involved in Sorry Business



Let us know

So we can plan continued support for your child's learning and wellbeing

Every Day Matters



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

$$5 \text{ mins per day} = 3 \text{ days}$$

$$30 \text{ mins per day} = 18 \text{ days}$$

education.nsw.gov.au



Patterns of lateness can have a serious impact on your child's education.



CAREERS NEWS

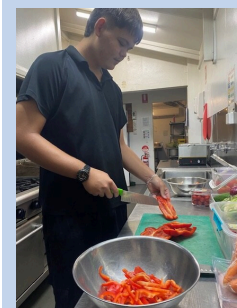
Cooking Up a Career: Dylan's SBAT Journey

Dylan has just begun his journey in the world of hospitality, blending his passion, skills, and natural talent for all things food.

He's currently balancing a School-Based Apprenticeship and Traineeship (SBAT) in Commercial Cookery with a casual job at a local tavern, along with formal training at TAFE. Already a skilled cook, Dylan doesn't have a favourite recipe, he simply loves creating and experimenting with food, from woodfired pizzas to vibrant salmon red curry.

Drawing on his hands-on experience at the tavern, Dylan has even started crafting his own recipes, building on the deep knowledge of ingredients he's picked up along the way.

GHS is grateful to the local tavern for supporting Dylan's growth and providing such a valuable opportunity. This SBAT is just the beginning - Dylan sees it as a stepping stone toward a future career in the dynamic world of hospitality.



Sunny's SBAT at Peachy Raes

Creating the perfect flat white is all in a day's work for Sunny, an enthusiastic School-Based Apprentice and Trainee (SBAT) student at Grafton High School.

As part of her SBAT program, Sunny spends one day each week at a local café honing her practical skills, while also completing a Certificate II in Hospitality through Grafton High. Her dedication to both her studies and hands-on training reflects a strong commitment to a future in the hospitality and tourism industry.

Sunny already speaks with genuine confidence and passion about her SBAT journey and her experience working with her employer, Peachy Raes. Her enthusiasm is evident and is matched by the skills she is already developing—skills that will open up numerous career opportunities after graduation.

Looking ahead, Sunny aspires to combine her love of travel, adventure, coffee, great food, and music into her own business one day. Her story is a shining example of how an SBAT program can align with a student's strengths and interests, offering a meaningful pathway to future success.



Another Successful Partnership

Lila, one of our dedicated Year 11 SBAT students, is currently completing her Certificate II in Community Pharmacy. She kindly requested to have a colleague join her in the photo—highlighting not just her training, but teamwork skills she's developing along the way. In addition to the formal qualifications Lila is working toward, learning to collaborate with others is an invaluable skill she's gaining through her workplace experience.

GHS would like to give a big shoutout to all the employers and staff who generously share their time and knowledge to support our SBAT students as they learn the ropes.

Lila hopes to use her SBAT placement as a stepping stone toward a future career in pharmacy—what a fantastic way to get started in Year 11. Thank you Southside Pharmacy!



Finalist in NSW Training Awards

Congratulations to Jorja, who has been named a Finalist in the 2025 NSW School-based Apprentice/Trainee of the Year for the North Coast and Mid North Coast region!

Jorja recently completed her Certificate III in Individual Support – Aged Care, demonstrating outstanding dedication, compassion, and professionalism in her training and on-the-job learning. Her commitment to making a difference in the lives of others has not gone unnoticed, and this finalist nomination recognises her hard work and passion for the aged care sector.

The announcement follows her recent interview with the NSW Training Awards panel, who were impressed by her achievements and potential. As a regional finalist, Jorja will now attend the upcoming awards presentation event, where the winners for each category will be announced.

We wish Jorja all the best at the upcoming presentation and look forward to celebrating her continued success. Well done, Jorja – your future is bright!



White Card Course

Congratulations to the students who participated in the White Card Course. These students can now participate in work experience on a building and construction site!



Unserious Careers Presentation

We were lucky enough to have Alana Kilmartin, the author of the book "Unserious Careers" come and do a presentation sharing her career pathway and experiences in her personal, school and sporting life with the students and encouraged them to "take risks" and "say 'yes' to opportunities" to be successful in life. Alana discussed the differences between school and work life with students and encouraged them to pursue careers that are led by their personal likes and dislikes in a job environment. Students were also encouraged to use their 'Career Support Team', including parents/carers and school Careers staff to help them with their career pathway and choices. If students would like to read her book which focuses on the first 5 years after high school it is available to borrow in the Library.



Educational Pathways Program

Congratulations to Foto and Logan for successfully completing the Educational Pathways Program's 'Apprenticeship and Traineeship Head Start' Initiative.

This program involved pre-apprenticeship skills training provided by NexGen Pathways Group Training Organisation, focusing on the building and construction industry. Through this training program, students acquired essential skills and knowledge in the use of hand and power tools, as well as various units of competency. They engaged in introductory training that led to a Statement of Attainment for operating Elevated Work Platforms (scissor lifts) and for working safely at heights. Additionally, students who underwent training to operate Elevated Work Platforms were assessed and qualified for the EWPA (Yellow Card).



University of New England Open Day

At the beginning of Term 2, Year 11 and 12 students attended the University of New England's Open Day in Armidale. Students participated in campus and accommodation tours, attended lectures, workshops and spoke to academics in a range of faculties.





GHS PBL SHARE AWARDS



Congratulations to the following students who earned a SHARE Award and voucher at our whole school assemblies and to the students who were awarded a Year Adviser Award at our year assemblies.

SHARE Award Recipients

Mannix A Y9
Naite N Y8
Katelyn B Y8
Nathan P Y10
Mason R Y8

Week 3

Jorja W Y11
Teven W Y11
Reece M Y12
Danika B Y12
Dekotah N Y9

Week 5

Year Adviser Award Recipients

Y7: Ella M
Y8: Lance F
Y9: Maegan A
Y10: Landen G
Y11: Ruby M
Y12: Ameera A
SLIP/WISE: Rebecca B

Week 2

Y7: Calan D
Y8: Olivia W
Y9: Nafis A
Y10: Georgia C
Y11: Stone O
Y12: Ali J
SLIP/WISE: Deklan C

Week 4



**GHS
CANTEEN**



**M&J
LOGGING**

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



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.



Prepare for the cooler weather!

P & C MEETINGS



Term 2

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 will now start at 4:30pm, 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 Empathy

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 empathy.

Try these prompts:

- ★ Thank each family member for something they've **done or said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done **something kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared** for this week? What actions did they take?



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

Lifeline:

13 11 14 | lifeline.org.au

Headspace:

1800 650 890 | headspace.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

Parent Line NSW:

1300 1300 52 | parentline.org.au

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

Everyone deserves to feel safe and respected

At our school, we stand against bullying, rudeness, and harmful behaviour.

Mistakes happen - they're part of learning, but how we choose to respond matters.

Let's choose kindness, speak up, and support one another.
#saysomething #saysomethingkind

An accident is:

- * **unintentional**
- * **not deliberate**
- * **unfortunate**

How we respond to an accident is a choice; it is deliberate, intentional and sometimes harmful.



#saysomethingkind

None of you
need to quietly put up with
bullying, abuse, nasty,
mean or rude behaviour.



#saysomething

NSW Health Vaping Information

Many schools have seen a recent spike in young people vaping. E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling vapes

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to [NSW Health](https://www.health.nsw.gov.au/vaping) or by calling the Tobacco Information Line on 1800 357 412.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.health.nsw.gov.au/vaping

DO YOU KNOW



WHAT YOU'RE VAPING?

VAPES CAN CONTAIN HARMFUL CHEMICALS

THEY JUST DON'T PUT IT ON THE PACK.



FOR PARENTS AND CARERS


THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.


The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**


DO YOU KNOW WHAT THEY'RE VAPING?



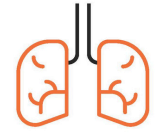
Many vapes contain nicotine making them **very addictive**




The nicotine in 1 vape can **= 50 cigarettes**




Young people who vape are **3 times** as likely to take up smoking




Vaping has been linked to **serious lung disease**




Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



Do you know what they're vaping?
Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)
*All statements are backed by evidence which can be found on the website



SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is **illegal to sell any vape to anyone under 18 years of age**. Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime.

If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale **signs that your child might be vaping** include the **symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals**.

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is **important to let your child know the risks of vaping**. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.





Do you know what they're vaping?
Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)
*All statements are backed by evidence which can be found on the website



Reminder

GHS SHARE VALUES

With the colder weather arriving, the PBL Team would like to remind everyone that one of our core SHARE Safety Values is to wear appropriate school uniform.

“SAFETY:
Wear appropriate school uniform”

Please ensure your students are prepared with appropriate school uniform items for the cooler weather.

Grafton High School Positive Behaviour for Learning Team

CV/AV

CLARENCE VALLEY

INDIGENOUS

ART AWARD

2025

ENTRIES NOW OPEN UNTIL FRIDAY 27 JUNE

EXHIBITION ON SHOW SATURDAY 26 JULY - SUNDAY 14 SEPTEMBER

Acquisitive Award \$5,000 | Emerging Artist Prize \$1,000 | Youth Prize Art Pack \$250

GRAFTON REGIONAL GALLERY - To enter visit graftongallery.nsw.gov.au

GRAFTON REGIONAL GALLERY | CLARENCE VALLEY | NSW GOVERNMENT | YULGILBAR

Image: Aneika Kapeen Untitled, 2022, digital illustration

FAMILY & RELATIONSHIP SERVICES TERM 1, 2025 EVENTS

Livable events are **FREE** and refreshments provided.

GRAFTON
LIVABLE: 11 KEMP ST.

DEALING WITH SCHOOL AND CHILDCARE DROP OFF
20 FEBRUARY | 10AM - 12PM
Overcome the stress of school and childcare drop off.

PARENTING THRU A NEURODIVERGENT LENS
26 FEBRUARY | 10AM - 12:30PM
Discover empowering parenting approaches that celebrate neurodiversity while nurturing your child's unique abilities.

CIRCLE OF SECURITY PARENTING
8 SESSIONS
18 & 25 FEBRUARY
4, 11, 18 & 25 MARCH
1 & 8 | 10AM - 12PM
Read your child's emotional needs and enhance their self esteem.

TODDLER TOOLBOX
3 MARCH | 10AM - 12:30PM
Survive the toddler years with the right tools to emotionally coach your child.

KEEP CALM 'N' STRESS LESS
5 MARCH | 10AM - 12:30PM
Effective strategies for open communication and stronger relationships during stressful times.

MANAGING BIG BEHAVIOURS
10 MARCH | 10AM - 12:30PM
Understand big behaviours in your child by tuning into their emotions to help them express themselves.

SUDDENLY A PRIMARY CARER
12 MARCH | 10AM - 12PM
Learn some practical skills to assist you if you are suddenly a primary carer.

HOW TO TALK SO KIDS LISTEN
17 & 24 MARCH | 10AM - 12:30PM
2 SESSIONS
Discover practical strategies for communicating with children and encouraging them to listen.

ANXIETY COACH
3 SESSIONS
26 MARCH, 2 & 9 APRIL | 10AM - 12PM
Supporting you and your child through the ups and downs of life.

BOREDOM BUSTERS
3 APRIL | 10AM - 12PM
Bust the holiday boredom with fun ideas to spark your kids creativity.

BULLYING

Gain valuable insights on fostering open communication and providing emotional support to safeguard.

Tuesday 10 June 10AM - 12PM

At Livable: 11 Kemp St. Grafton NSW

Livable events are FREE. Refreshments provided.

This workshop is designed to help you, as a parent or carer, recognise the signs of bullying and equip you with the knowledge and tools to support your child effectively.

It also empowers your child with practical strategies to respond to bullying confidently, so both of you feel informed, supported, and prepared.



BOOKINGS ESSENTIAL
1800 289 927 LIVABLE.ORG.AU/EVENTS
Livable Family and Relationship Services is funded by the Department of Social Services.



BOOKINGS ESSENTIAL
1800 289 927 LIVABLE.ORG.AU/EVENTS
Livable Family and Relationship Services is funded by the Department of Social Services.





Bridges of Hope Do it for Dolly!



**Sunday 1st
June at
4pm!**

MEET AT MEMORIAL PARK

Join Aces for the Community for our Bridges of Hope walk as we raise funds and awareness for Dolly's Dream of a kinder world, free from bullying!

**GO BLUE TO
END
BULLYING!**



Gold coin donation



FREE 4 WEEK TRIAL

Grafton
Scout Group

Grafton Scout Group would like to invite people between the ages of 5 and 18 to come along and try out scouts.

Scouts in the Grafton Scout Group engage in outdoor adventures like camping, hiking, and water activities, develop scouting skills such as bushcraft and first aid, participate in community service and leadership training, explore STEM and creative activities, and attend major events like the Australian Jamboree and Adventurous Journeys.



For more information please visit
www.graftonscoutgroup.com.au

MAKING MUSIC *Clarence Valley*

in acknowledgement of Make
Music Australia Day 2025



SOPHISTICATED BEGGARS



HATS OFF



RYAN MARTIN



SHIP OF THESEUS



PAC V



MENU



MAKING MUSIC - CLARENCE VALLEY



This year, we're turning up the volume with a **special evening showcase** at the stunning **Saratons Theatre in Grafton** — a celebration of our vibrant local music scene, happening **Saturday 21st June from 4:00pm to 9:00pm!**

Tickets are just \$10, and every dollar goes **directly to the performers and school music programs**. You'll witness an incredible lineup featuring emerging school bands and seasoned local artists who are making waves far beyond the Valley.

South Grafton High School Band, Ship of Theseus, and Pacific Valley Christian School's PAC V Band

Our next generation of musicians step into the spotlight, gaining real-world experience on a professional stage with full lighting and sound.



Road Safety Reminders

to keep our busy school zone safe



Park and turn legally

avoid u-turns and three-point turns near the school. Only park in designated areas.



Give way to pedestrians

on school crossings and driveways.



Safe drop-off and pick-up

Use the school side of the road where possible, or near school crossings.



Do not cross into the oncoming lane

to park or drop-off your child, this is illegal and unsafe.



Follow the 40km/h speed limit

in school zones - it's there to protect our students.



Stay alert for school zones

signs, flashing lights and dragon's teeth markings - all designed to remind drivers to slow down and be aware of children on the move.



We have been advised the Parking Ranger may be patrolling our area soon

**Let's do our part to protect our kids
Drive safely, stay alert, and set a good example**

Don't hesitate to contact us



graffton-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://graffton-h.schools.nsw.gov.au>



facebook.com/GraftonHighSchool



Parent portal - graffton-h.sentral.com.au/portal/login

