

This school is built upon the Lands of the People of the Bundjalung Nation

From the Principal

Congratulations to our Year ten students for their work on portfolios that was presented this week. This comes after completing their external School Certificate examinations last week. As part of the portfolio process each Year Ten student participated in an interview with members of the public and school community. This included a digital presentation to introduce themselves, and answering a series of questions focusing on assessments and team building.

The following members of public are thanked for their participation over the two days.

David Roxburgh - ex-Kadina Staff member.
Irene Dawson - ex-Kadina Staff member
John Kincade - Academy of Sport Director.
Susan Miller - ex-Kadina Staff member.
Michael Brett - Superintendant RFS
Barbara Jensen – Community Education Officer- Rous Water.
Steve Miller - ex-Kadina Staff member.
Andrew Virtue Branch Manager – Newcastle Permanent Credit Union.
Arthur Maloney – Boxing Coach
Robert Sipe ex-Kadina Staff Chaplain.
Martin Brook -Managing Director "Brookfarm" macadamia produce.
David Kirkpatrick – Editor Northern Star.
Tony Yeigh – Lecturer Southern Cross University.
Jenny Dowell – Mayor Lismore
Janelle Saffin – Federal Member of Page.
John Lynch – School Education Director – The Wilson.
Merilyn Igoe – Feeder school primary teacher.
Barry Tideswell – retired local business man.
Samantha Albertini – Personnel Manager Summerland Credit Union.
Kim Vincent – Summerland Credit Union.
Rebekka Battista – Lismore Hospital – Our Kids
Ellis Bradshaw – NSW Health
Struan Presgrave – NSW police
Kim Mewing – NSW Police
Steve Mackney – General Manager FNC Soccer
Bob Mowle – Lismore RSL
Darryl Hawke Lismore RSL
Nicole Eldridge – Tweed Richmond Regional Libraries.
Michael Gard – Lecturer Southern Cross University.
John McDonough—Legacy

Congratulations to our Year twelve students who finished off their high school life with the formal held at Lismore Workers Club this week. Kadina High School wishes them every success in future years.

Mr I Davies
Principal

Diary Dates

November 21-22

Peer Support Training Yr 10

November 24-25

Yr 6 Orientation

December 02

Yr 8 End of Year Excursion

December 08

Yr 10 Presentation Dinner

December 12-13

Yr 7 End of Year Excursion

December 15

Yr 7-11 Presentation Assembly

December 16

Last day of term 4

Regular updates of the calendar can be found on our schools website

Sickness Procedure

Students & Parents are reminded that if a student becomes sick at school they should first inform their teacher or any teacher if in the playground. The student should then report to the main office with a note & parents may be contacted.

It is policy that parents are contacted, and asked, where possible, to pick their child up.

Do we have your current mobile numbers??

Please ensure we have your current contact numbers so we can contact you in case your child becomes ill or injured.

Being a Kadina student means that you:

CARE FOR YOURSELF
CARE FOR OTHERS
CARE FOR THE ENVIRONMENT
CARE ABOUT LEARNING

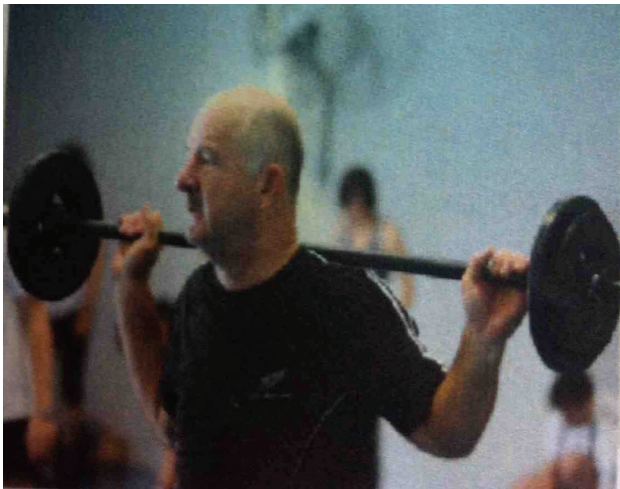






Mr Brodie Keeping fit Leading by Example

Member of the Month at Lismore Sports & Aquatic Centre

Phil Brodie is our November member of the month. A dedicated gym and group fitness participant, Phil has been a member since we opened. Phil loves to challenge himself in RPM, Pump and Circuit classes. Phil will be retiring from school teaching at the end of the year and we look forward to seeing a lot more of him at different times of the day. Phil has won a massage voucher to the value of \$25 for November MOTM.

Free An Introduction to Home Music Recording and Creation

"Demystify the home studio setup"

Whether you are a singer/songwriter, guitarist, aspiring producer/programmer/beat writer or church worship music team player, this work shop will provide all the information required to understand what's possible using your own home studio setup.

This inspirational and instructional 90 minute workshop will cover:

- An overview of equipment required - an idea of what you need to invest (you will be surprised how inexpensive it can be)
- How to use the equipment to be able to make/record your own music
 - Procedures and tips to creating your song

Call now to reserve your place - spaces limited
Ph 02 6621 7784 or email lismore@planetmusic.com.au
Upstairs 25 Malesworth St
(Corner Malesworth & Woodlark Streets) Lismore

11am - 12:30pm Sat 3rd Dec at Planet Music



Free Free Free Free Free Free Free



SUMMERLAND HOUSE FARM GRAND OPENING...




CELEBRATE ALL 'MINI' WEEKEND!

JOIN SYDNEY ROOSTER ANTHONY MINICHELLO TO CELEBRATE
OUR BRAND NEW LOOK AND FAMILY FUN ACTIVITIES.









Saturday 26th November

ARE YOU SMARTER THAN A FOOTBALLER?

MINI TRIVIA WITH ANTHONY MINICHELLO
Saturday, 5:30pm - 9pm
Great prizes, auction items
3 course dinner
\$50 per adult or \$25 per child*
(*Child 12yrs & under)
Get together a table of 8

Sunday 27th November, 9am - 3pm

SUMMERLAND HOUSE FARM FAMILY FUN DAY

- Signature signing with Anthony Minichiello
- Opening of our **NEW MINI GOLF COURSE**
- Loads of rides and activities including the Giant Slide, Jumping Castle, Animal Farm, Pony Rides, Carousel and Laser Skirmish
- Loads of fun for everyone

- Meet Woody and Jess from Toy Story and the new Summerland House Farm Rooster
- Cooking demonstrations • Market Stalls
- Live entertainment • Lucky door prize and much more...
- **ENTRY BY DONATION**

Corporate Sponsors









House With No Steps, 253 Wardell Rd, Alstonville • Tel: 6628 0610 • www.summerlandhouse.com.au
Providing employment opportunities for people with a disability.



REDUCE RISK - INCREASE STUDENT KNOWLEDGE
www.rrisk.com.au

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15

Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important

For Young people aged 15-18 years

The safest option is to delay the initiation of drinking for as long as possible

Adolescent brain development and alcohol

The brain is not fully developed until about 25 years of age. Excessive drinking can affect decision making, problem solving, memory, reasoning and concentration.

Permanent brain damage can result in greater risk taking, lack of judgment such as failure to think before acting, impaired visual and spatial skills, learning difficulties and poorer academic outcomes.

Mental health

Drinking at a young age increases the risk of mental health problems such as depression, anxiety, bipolar disorder, attention deficit disorder and increased risk of self harm including suicide, delinquent behavior and alcohol dependency in later life.

Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at

http://www.nhmrc.gov.au/_files_nhmrc/file/publications/synopses/ds10-alcohol.pdf

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

Keeping teenage girls healthy

Many girls start to drop sport or physical exercise in their teenage years and at the same time, the rate of overweight and obesity in girls doubles during this time. These two medical facts are a good reason to keep encouraging your teenage daughter to keep active, and the best way to do this is by setting a good example.

As well as building physical activity into your day, try:

- reducing the amount of 'sedentary' activities you do (things done lying or sitting down)
- limiting the amount of television you watch, or computer activity to less than two hours each day
- giving your daughter lots of praise and encouragement and talk about the health benefits of achieving a healthy body weight rather than focussing on body image.

Online course and uni search

Myfuture is a free national online career information service aimed at anyone wishing to explore career options. It is an interactive, user-driven website that provides a range of interactive and information resources including:

- occupation and industry profiles
- labour market and salary information
- helpful hints and tips about writing resumes, finding a job, preparing for job interviews and changing career paths.

The website has information on more than 18,000 courses and 2,000 scholarships offered by Australian universities and training providers.

Visit www.myfuture.edu.au.

For your convenience Kadina now has
EFTPOS for the payment of
excursions or fees, no need for cash!

I would like to remind parents you can subscribe to the school newsletter email distribution list.

It is easy and it is free. All you have to do is log into whichever email account that you would like to receive the email from and send an email to:

kadina-h.admin@det.nsw.edu.au with "**subscribe me**" in the subject line.