

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

From the Principal

I was fortunate enough to attend the Leo's Youth of the Year meeting last week. Two Kadina High School students participated in the event, Vienna BARKER and Taylor MCBEATH. Both students had to give impromptu speeches and then a prepared speech. Congratulations to Taylor who won the clubs public speaking competition on the night.



After a comedy of errors in getting to Sydney including cancelled flights, change of airlines and missing musical equipment, BELTANE, the Kadina High School Celtic band performed at the Sydney Entertainment Centre over the weekend as part of the School Spectacular. A thank you to Ms. Virginia Johnstone and Mr. Daniel Sassi for their support of the students. The students did a brilliant job in representing the school. A gallery of photographs are currently on the school website.

Students who were recognised through the schools Celebration points received their awards last Thursday. These students are students who are recognised by staff as being the "quiet achievers" or student who participate in school activities and deserve recognition. These include sporting activities, eg representing the school at Zone, cultural activities, eg marching in the ANZAC day March and recognition for other work throughout the school. Mr. Wade has organised an outing for these students.

Congratulations to Ms. Fryer and her students who worked on the "Kadina Konnect" Newspapers in Education page. Last week their story entitled "Facebook, Friend(+1) or Foe", was runner up in the high school category.

Mr I Davies
Principal

Diary Dates

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

January 30

Students from Years 7,11 & 12 return to school

January 31

Students from Years 8,9 & 10 return to school

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



2011 "BEEP OFF" RESULTS

Congratulations to all students who made the Beep Off Final this year and special congratulations to those students who came 1st 2nd or 3rd in the "Beep Off". The top 4 students in each year in overall results for 2011 are also listed. These results are listed on our Beep Test honour board in the MPC for a year. Well done!

Remember the Beep Test is a very good indicator of your heart/lung fitness. We should ALL strive for excellent heart/lung (Cardiorespiratory) fitness as this means we are looking after our health - both now and in the future.

Current Records are also included for your interest.

KADINA HIGH SCHOOL BEEP TEST / BEEP OFF RESULTS 2011

YEAR	BEST RESULT	LEVEL	BEEP OFF	RESULT
GIRLS				
7	1. Jennah Hughes 2. Meg Harding 3. Steffani Cannon 3. Isabella Aboody	10/3 10/1 9/3 9/3	1. Jennah Hughes 2. Steffani Cannon 3. Isabella Aboody	All 8/7
8	1. Hollie Clark 2. Alana Knox 3. Summer Warburton 4. Nicole Clark	11/2 9/11 8/11 7/8	1. Hollie Clark 2. Alana Knox 3. Nicole Clark	11/2 EQUAL RECORD 9/11 7/8
9	1. Breanna Rippon 2. Kaitlyn Pratten 3. Lauren Brett 4. Erin Murphy	11-7 9-8 9-5 9-1	1. Breanna Rippon 2. Lauren Brett 3. Erin Murphy	11/7 NEW RECORD 9-5 9-1
10	1. Claudia Monsuere 2. Anna Podorczyk 3. Tegan Elliott 4. Maddie Spencer	10-3 10-2 10-1 9-4	1. Claudia Monsuere 2. Anna Podorczyk 3. Kaylee Crouch	9-6 8-8 8-6
11			1. Abby Vantaggiato 2. Josie Watson 3. Melanie Drew	10-3 7-1 5-1
12			1. Whitney Spencer 2. Sarah Hamilton	8-9 4-9
BOYS				
7	1. Callum McDonogh 2. Cameron Davy 3. Ryan Kennedy 4. Brian Coldwell	12-2 10-10 10-9 10-1	1. Callum McDonogh 2. Cameron Davy 3. Ryan Kennedy	12-2 10-10 10-2
8	1. Mark McPhail 2. Dom Waters 3. Corey Coles 4. Wally Kelly	12-1 12-1 11-1 10-7	1. Dom Waters 2. Mark McPhail 3. Corey Coles	12-1 11-3 10-8
9	1. Brad Hughes 2. Blake Taylor 3. Joe Marks 4. Todd Boan	12-9 12-3 12-2 12-1	1. Brad Hughes 2. Joe Marks 3. Todd Boan	12-9 12-2 12-1
10	1. Daniel Sproule 2. Lewis Johnson 3. Josh Taylor- Tulloch 4. Jack McAlpine 4. Luke Dale	13-3 13-1 12-5 11-10 11-10	1. Daniel Sproule 2. Lewis Johnson 3. Jack McAlpine	13-3 13-1 11-10
12			1. Damien Cooper 2. Nic Macris 3. Daniel Millar	13-5 12-11 10-1



KADINA HIGH SCHOOLBEEP TEST RECORDS

YEAR	NAMES	LEVEL
7 Girls	Bec Harding 2005	11-5
7 Boys	Mark Yager 2001	14-1
8 Girls	Hilaree Bradwell 2002 Breanna Rippon 2010 Hollie Clark 2011	11-2
8 Boys	Mark Yager 2002	15-2
9 Girls	Breanna Rippon 2011	11-7
9 Boys	Cameron Rippon 2007	15-1
10 Girls	Quill Bowden 2000 Sarah Waddell 2001	11-4
10 Boys	Mark Yager 2004	15-4
11 Girls	Kristy Hanley 2007	10-7
11 Boys	Mark Yager 2005	16-2
12 Girls	Kristen Doherty 2008	10-7
12 Boys	Liam Fletcher 2007	15-8

FUTURE JOURNOS!

Kadina wins "Newspapers in Education" Best High School Story- Run- ner up Award

During Term 3, nine Year 10 students (*Vienna Barker, Samantha Knight, Andrea Doherty, Anna Podgorczyk, Josh Tulloch, Lauren Godwin, Maddison Howard, Nicola Shortiss, Brianna McGuinness*) and two Year 9 students (*Isabelle Tremayne and Bridie Gray*) joined forces under the leadership of Taylor McBeath, Year 10 editor and English teacher Mrs Fryer to produce a page for the Newspapers in Education (NIE) Northern Star Competition. Our page was published in the October 18th edition of the Northern Star.

"We are very proud of the way we worked as a team to produce our articles by the deadline," said Lauren Godwin, "and we learned a lot too!"

The students had to come up with a name for their entry and decided on the catchy title of **'Kadina Konnect'**. They wrote articles on four topics: art and culture, community, environment and sport. The year 9 photography students had to submit relevant photographs to support the articles.

The students should be commended on the way they worked as a team within a limited time frame to meet their deadlines. Taylor's leadership as editor was exceptional. Teacher, Mrs Fryer said, "I was extremely proud of these students. They were very committed and had amazing ideas."



YOU CAN HELP US WIN MOST POPULAR PAGE BY VOTING FOR 'KADINA KONNECT' NEXT TIME YOU VISIT LISMORE SQUARE AND OTHER LOCAL SHOPPING CENTRES!

On Tuesday 22nd November the team attended the NIE Award Ceremony and were delighted to win a prize of \$100 from Newcastle Permanent as Runner Up in the Best Story category with the article: **Facebook: Friend(+1) or Foe?** The students were pleased as punch. Perhaps they may be considering journalism as a career. They certainly have the potential!



Nine Year 7 boys participated in the Year 7/8 Basketball Challenge at the Basketball Stadium. It was my pleasure to be involved with the boys. Their behavior was outstanding and the respect they showed towards me as a parent and a coach was above anything I ever imagined. They played the game in good spirit and I was very proud of the boys efforts on the court. Their sportsmanship towards their team and other players was outstanding. You should be very proud of the boys as they represented their school with pride. I am more than happy to be involved with this group of boys anytime you need some one. I thank you for giving the boys the opportunity to play in the year 7/8 Basketball challenge.

Tammie Moss.

NORTH COAST CRICKET REPRESENTATIVE.

Congratulations to Blake Taylor of Year 9 who has been selected in the North Coast Cricket team. We haven't had a North Coast rep. in Cricket for quite some time so well done Blake! Well done also to Alec Watson (Year 11) who was also a member of the Northern Rivers Zone team to attend the North Coast trials. Alec also played very well and narrowly missed selection in the North Coast team. All the best for your participation in the CHS competition in Sydney early in 2012 Blake.

Mrs J Seymour PDHPE/ Co-ordinator and Sports Organiser





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

Young Drivers aged 17-25 years. Why are they at risk?

Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups.
3. Young drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the number one cause of road crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
 - Drink driving
 - Driver fatigue and distraction
 - Not using seat belts

Driver inexperience: Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what's happening on the road.

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website www.rrisk.com.au

ABBY VANTAGGIATO EXCELS AGAIN!

Congratulations to our School Captain for 2012 Abby Vantaggiato who has been selected as the Sport Ambassador for the North Coast Academy of Sport. Abby is a very talented Hockey player and is involved in the Hockey programme at the Academy. Her leadership skills have obviously been recognised by the administrators at the Academy for her to be honoured with this prestigious position. Well done Abby!

Mrs Jenny Seymour PDHPE Co-ordinator





RRISK DAY 2011

On the 15th November Year 11 travelled to Southern Cross University to take part in the annual RRISK day (Reduce Risk Increase Student Knowledge). It offered us an insight into the many risks associated with the over consumption of alcohol, drink driving and the use of drugs. We learnt how to respond if we were ever caught up in these situations – and how to take care of our friends.

It was a very eventful day filled with engaging speakers, informative sessions and touching personal stories.

Our Year 11 musicians entertained us in the plaza at lunchtime- thanks Ms Johnstone too!

All of Year 11 would like to thank the P and C for providing the dollars for the bus to deliver us to and from SCU ; Mrs Seymour for all her organisation to make the day possible and Ms Savins, Mr Alward and Mr Connell for accompanying us on this very worthwhile day.

A special thank you to the Year 11 Peer Facilitators (from Year 11 PDHPE class) for helping us get the most out of this day. A good day was had by all!

Taylor Wooldridge and Peta Garland (Year 11)

KADINA HIGH SCHOOL FITNESS CENTRE

Our Fitness Centre adjoining the Multi Purpose Centre is now complete!!!

The centre has a wide range of modern equipment to assist students (and staff!) improve their fitness levels. Every school in NSW received grants called Premiers Sporting Grants over the past two years which had to be spent on major projects. The PDHPE faculty decided to use our grants in this manner. I would like to thank Mr Phil Dalli from the PDHPE faculty who initiated this project and saw it through from beginning with the building of new storerooms for all the Gymnastics and Drama equipment (as well as examination chairs and tables!) which used to be stored in this space to the final fit out of the last lot of Fitness equipment in September. Many thanks also to our SAM (School Administration Officer) Mrs Susan Squelch for assisting Mr Dalli manage the funding as productively as possible and Mr Stuart Dobbie our General Assistant for his assistance in setting up the space and the equipment. Thanks also to Mr Chris Williams (Head Teacher TAS) for his help with building shelving.

This is an area which all of our students will have access to during PDHPE/ Sport classes to learn how to use this kind of equipment to improve their physical fitness. It's also a FUN way to get fit!

THANKS MR DALLI !!!!

Mrs Jenny Seymour(PDHPE Co-ordinator)



Arguments are fun!

This term 24 students from our local feeder Primary Schools - Goonellabah PS, Bexhill PS, Lismore Heights PS and Clunes PS came to Kadina High to learn about Debating. The consensus was, "that arguing is fun", especially when it happens with rules.

Along with the Year 6 students, there were 8 very capable Year 10 debaters to mentor them. The Debating Skills Day was presented by Mrs Bryant and Mrs Fryer who have both coordinated award winning debating teams for many years. Close relationships were forged between the mentors and the students over the two days.

On the first day together in Week 3, students enjoyed some fun activities that taught them the skills they should know when they are part of a debating team. They also witnessed a debate modelled by their Year 10 mentors.

On the second day in Week 5 of this term, they learned some more specifics about writing and giving their own team debate. In the afternoon they debated, "That Australia is the lucky country". The teachers were amazed at how quickly this bunch of very talented students was able to adapt the skills they had learned. I guess the theory that children are expert at arguing is true!

As a side effect these students were able to take a closer look at what Kadina High has to offer, if they choose to come here in 2012, and hopefully they liked what they saw.

Mingling in the playground allowed them to meet other students. The teachers enjoyed seeing how welcoming Kadina students were to the Primary students.

Kadina hopes this first Debating Skills Programme was just the beginning of similar interactions with our feeder schools in future years.

Ms J Fryer and Mrs J Bryant

Debating Skills Day



Chess News

Twelve Kadina students competed in an individual chess tournament hosted by Trinity Catholic College on Friday 25-Nov-2011. All of them played well, and Louis Barker took the tournament winning 8 of his 9 matches.

Thirty-one players from Casino Christian School, Kadina High, Lismore High, and Trinity College competed in a 9 round swiss-style tournament. Five of the top six players were from Kadina. Mr Graeme Jolliffe of Casino Christian School took 2nd place. Thanks to Ms Katie McCloskey of Trinity for hosting the event, and Mr Jolliffe for competing and keeping some of the players humble.

Final results:

Place	Name	Points
1	BARKER, Louis	8
3	TATE, Brody	7
4	SCHIBAIA-ROSE, Jacob	6
5	LINGARD, Robert	6
6	SCOFIELD, Calin	5 1/2
16	CAMPBELL, Jordam	4 1/2
20	McMILLAN, Aaron	4
22	VAN DEN BOGERT, Lachlan	4
23	LANNOY, Skye	4
28	SHEPHERD, Angus	3
29	COOPER, Mikaela	3
31	ELLERSTON-JONES, Chelsea	1

Pictured: Louis Barker preparing for victory



Due to this result, and his success representing Kadina through-out the year in the NSWJCL Schools Competition, Louis will be awarded the title of Kadina High Chess Champion 2011.

Throughout the year six of Kadina's best chess players have been participating in the Country Secondary Schools Chess Competition organised by the New South Wales Junior Chess League. After six rounds of team-play Kadina's team was awarded trophies and certificates as North Coast Runners-up 2011.

Complete results can be found at: <http://goo.gl/vRtDB>



Pictured:

Back: Jacob Schibaia-Rose (3-2), Calin Scofield (2-1), Brody Tate (3-2), Robert Lingard (2-0)

Front: Tim Simaile (manager), Ian Davies (principal), Louis Barker (6-0)

Absent: Charlotte Teague (2-1)

Congratulations to all players, and best wishes in your future chess endeavours.

Photo from the Year 12 Formal held at Lismore Workers Club on Tuesday 15th November 2011



Inviting Aboriginal Elder's

The Bundjalung Elder's Council
are inviting all Bundjalung Elders
to get together to have a catch-up & a yarn

10.30am, 2 December, 2011

Richmond Room

River St, Ballina

behind the Tourist Information Centre

Morning Tea & Lunch provided

To arrange transport, please contact

Grafton 6645 3200

Casino 6662 2898

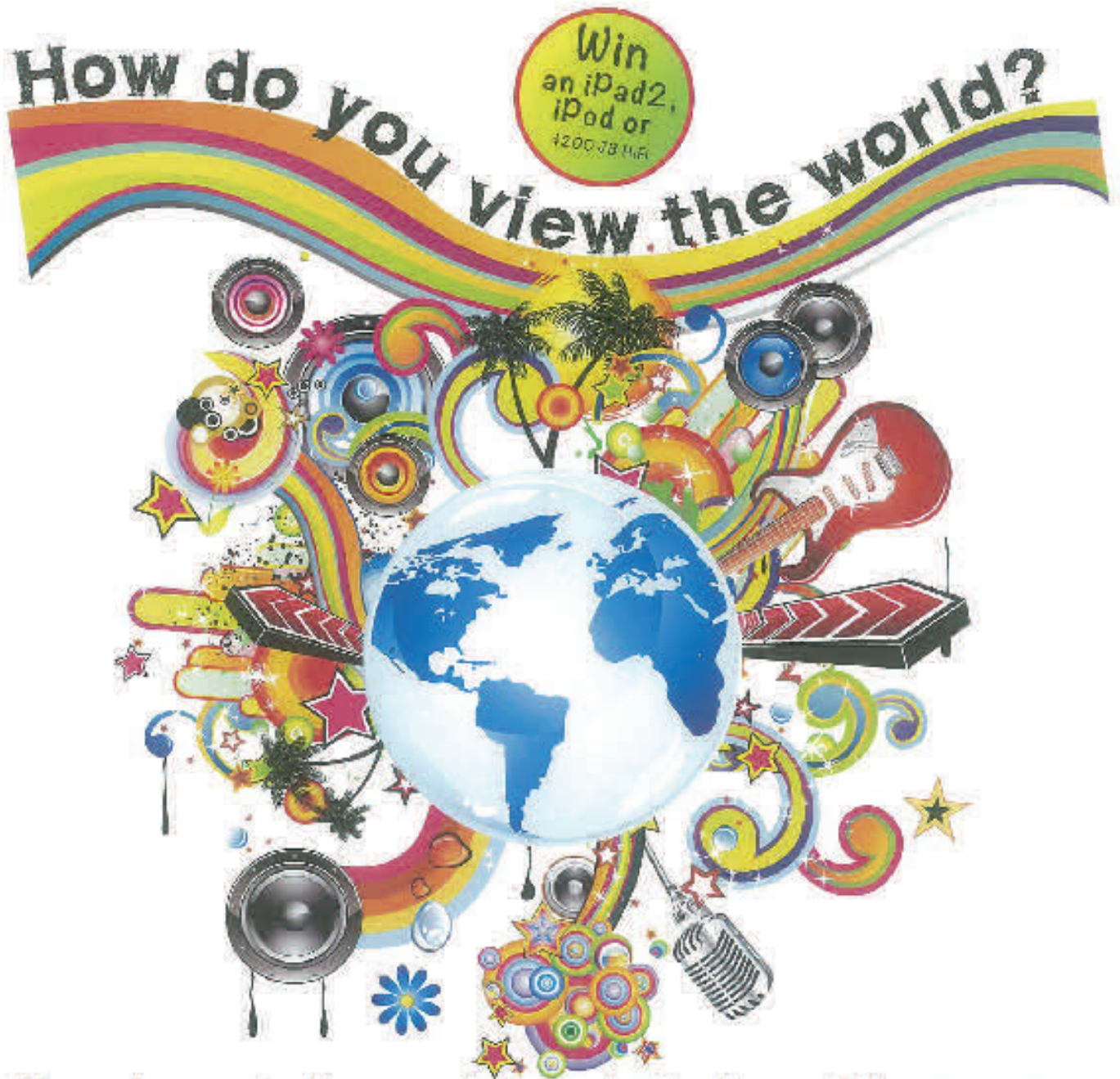
Lismore 6628 6000

Ballina 1300 875 895

Tweed 1300 875 895

For information regarding the day, please contact

Mel Brown, Interrelate Family Centre, ph, 0448800789



Your chance to discover how websites impact the way you think, react and interact with the world.

The University of New South Wales is running a study. With just a few mouse clicks, you will get the opportunity to help us investigate how the internet affects people under 18.

To show our thanks, you'll get a \$20 voucher half way through the study. But most importantly, if you finish the study you'll be in the draw for an iPad2, an iPod or a \$200 JB HiFi voucher.

You can take part if you are 12-18 years old, live in Australia and have an email address and internet access somewhere. Visit www.uviewtheworld.org.au to find out more and sign up for the study (or to more download posters)

www.uviewtheworld.org.au



[uviewtheworld.org.au](http://www.uviewtheworld.org.au)

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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:

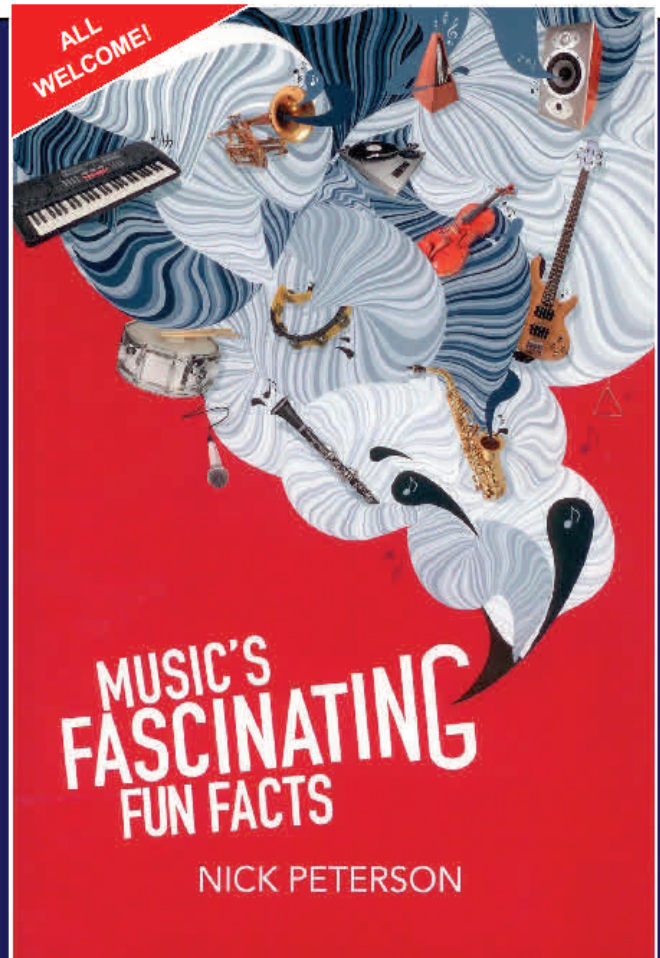
- An overview of equipment required - an idea of what you need to invest (you will be surprised how inexpensive it can be)
- How to use the equipment to be able to make/record your own music
 - Procedures and tips to creating your song

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



MUSIC'S FASCINATING FUN FACTS

NICK PETERSON

BOOK LAUNCH
 Friday 9th December 4.30pm
 LISMORE LIBRARY
 Meet the author NICK PETERSON

LATE FOR SCHOOL

Please support your children by encouraging them to arrive on time.

All late arrivals need to be supported by a note with your child's name and roll class signed by a parent/guardian explaining the reasons for the lateness

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

LOST!!!

His name is Oscar - a large green eclectus parrot. Yellow/orange top beak. Vivid green with red under wings and blue flight feathers. Friendly and approachable - might nibble fingers but doesn't usually hurt unless frightened. His partner "Tui" is fretting and would love her mate back. If you find him give him access to water and seed or chopped fruit. A reward is offered. Please phone Paul 66248830 - has answer service so please leave message if unanswered.

LOST!!!

A silver ring with little love hearts around it, with Crystal engraved on the back.