

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



## Principals Message

### One Community Awards

Congratulations to Mr Ippolito who received the 2012 One Community Award Teacher of the Year Award on Monday night September 25th. The award ceremony was held in the Sydney Town Hall. Mr Ippolito was nominated for his ongoing work at the school in using Rugby League as an incentive to motivate students and re-engage students who may have lost motivation at school. Mr Ippolito knew he had been nominated several weeks ago but was extremely humbled when his name was announced as the winner. Mr Rose was also in attendance as was myself. Mr Rose has worked with Mr Ippolito in the CAKE program (previously known as PACE). Photographs have been included in the newsletter and a gallery of photographs can be found in the gallery section of the school website.

### Year 12

Friday September 21<sup>st</sup> was the final assembly for our Year 12 students. It was an emotional day for all. Monday October 15<sup>th</sup> was the first of many HSC examinations. The school wishes each student all the best in their examinations and the next time the students gather together will be for the formal in November.

### Year 11

With the completion of their preliminary final examinations Year 11 move into their HSC studies. To ensure a smooth transition it is important any outstanding work is finalised. This means resolving any outstanding N warning letters. Any student not sure of their status should see their classroom teacher as a matter of urgency. In the HSC year students need only study 10 units of work. Ms Champion and/or Mr Farrell can answer any questions students have with regards patterns of study.

### Departmental changes

There is a considerable amount of literature and media coverage about the Department's realignment. As information becomes available I will share information with the school community. Much of the media is based on emotional anticipation rather than factual information. I believe that change is necessary but until I know the detail I will hold my comment. The Department places regular updates on our school website.

### Finally

Remember when you say "Good morning", ask "How are you?" and remember to say "Thank you"! These simple actions put a smile on people's faces and make the day positive and supportive. Remember our three **care statements**, Care for Yourself, Care for Others, Care for the Environment and Care about learning!!!

**Ian Davies**  
Principal



## Diary Dates

### October 22—26

Whole School Exam week

### October 29

Peer Support Training

### November 9

Celebration Points due

### November 12

P & C Meeting

### November 13

ESSA Yr 8

Yr 12 Formal

### November 14-16

CAPA Showcase

### November 20

RISK at Sth Cross Uni Yr 11

Being a Kadina student means that you:

**CARE FOR YOURSELF**

**CARE FOR OTHERS**

**CARE FOR THE ENVIRONMENT**

**CARE ABOUT LEARNING**





## Is Summer better than Winter?

Goonellabah Public School Opportunity Class had an Introduction to Debating and Thinking Skills session this week as part of the Kadina High – Goonellabah Public Partnerships Program. The students were put through their paces with divergent and lateral thinking tasks and they performed in a most creative and vigorous manner, working well both individually and in teams.

After the skills warm up the group participated in a whole class debate, arguing energetically on the topic 'That Summer is better than Winter'. In the process they learned about developing out points in an argument, and the different possibilities for rebuttal. While the confident speakers took the floor comfortably, even those more hesitant were able to put forward their views as well, beginning the process of becoming self-assured speakers.

It was a most pleasant experience to interact with enthusiastic students in a gifted and talented program, so thanks to Goonellabah School for the invitation! Special thanks also to Rea Byrne, our practicum teacher, for her assistance on the day.

**Mrs Julie Bryant**  
Debating Coach



## Duke of Edinburgh Awards - for another 4 of our students:

After some technical hitches were finally cleared with the new Online Record Books, four more of our senior students have finally received their Bronze Awards for the Duke of Edinburgh Scheme. (Left to right) Sam Knight, Maddie Spencer, Nicola Shortiss and Vienna Barker proudly display their hard earned awards, after a program of volunteer work, fitness, skills development and preparation and participation in 2 kayaking and hiking expeditions. Sam Whitney had also achieved this award last year. Congratulations.

**Ms Sue McLeod**  
Teacher/Librarian



### CURTAIN CALL 2012

On Wednesday September 19<sup>th</sup>, several Kadina students from Years 9, 11 and 12 represented Kadina at the North Coast Public Schools Drama Festival, otherwise known as Curtain Call. The event was held at the Star Court Theatre in Lismore.

Curtain Call aims to showcase the Dramatic talents of students from public schools in the North Coast area and our students did Kadina proud as performers and as part of the stage crew to assist running the event.

The evening commenced with Kadina's Indigenous Deadly Dancers performing a wonderful welcoming ceremony. Participants included Tywana Caldwell, Martika Walker, Taleah Wilson, Breanna Hickling, Waverly Duvall, Donald Smith, Trai Murray, Tyson Walker-Stephenson, Glen Rhodes and Jamie Saunderson. Thanks to Irene Clarke for organising the dancers.

The entire Year 9 drama class were all part of the backstage and front of house crew, with performances by Tahlia Brice, Jacob Schibaia-Rose, Geneva Frankilin, Alex McAlpine, Summer Warburton, Ally Casson and Georgia Knight in solo and group performances.

Senior student performers included dramatic solos by Nicola Shortiss, Taylah Blanch, Kurt Spargo, Paige Marcantelli, Mikayla Colliss and Ashley Conlan.

There were also musical performances by Georgia Knight and Ashley Conlan as part of the evening's entertainment.

Entertainment students Blade Profke and Ashley Conlan provided able assistance in lighting and sound and all participants gained valuable experience working in a professional theatre environment.

Congratulations to all the students for their participation and wonderful performances which made the evening so special. Thanks to all parents and staff who attended and provided assistance.

**Daniel Sassi**  
Drama Teacher





# Year 12 2012





**Goodbye and Goodluck**



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

## Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents and carers can begin this education in the home and support school and other programs such as the RRISK Seminars. Parents also provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs.

Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

- When you pour a glass of alcohol
- When alcohol or other drugs are mentioned on TV or other media
- When using or giving out medicines
- When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

## Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

### For children under 15

Parents and carers are 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 behaviour 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](http://www.rrisk.com.au)



REDUCE RISK - INCREASE STUDENT KNOWLEDGE  
[www.rrisk.com.au](http://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 especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal 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](http://www.rrisk.com.au)

### 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.**

## Applications Are Now Open!!

The Minister responsible for Youth Affairs, the Hon Victor Dominello is seeking young people to nominate themselves to be members of the 2013 NSW Youth Advisory Council. The Youth Advisory Council provides a direct avenue of communication between the young people of NSW and the NSW Government.

Take advantage of this amazing opportunity to get involved and advise the NSW Government on matters of importance to young people and on Government policies and programs which affect young people.

For more information on the Council and details on becoming a member of the 2013 Council go to the Government's Youth website [www.youth.nsw.gov.au](http://www.youth.nsw.gov.au) or email the Executive Officer, Youth Advisory Council [yac@yac.nsw.gov.au](mailto:yac@yac.nsw.gov.au) or phone (02) 9995 0532.

Applications are open until **5:00pm, Monday 29 October 2012**

# ParentLine

NSW

# 1300 1300 52



This is an important service. Parents are people too. Now that I have found you I feel the road will be easier. Thank you.

Without your help I would have no hope and the time.

I've been receiving support from Parent Line over the last couple of months. I've listened to what the counsellors said and things have worked out. You guys have turned a bad situation into an amazing opportunity.

My heartfelt thanks for the ongoing support from the counsellors; the help and advice is greatly appreciated and respected. I hope that the service doesn't disappear – at least until my children turn 18!



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

Free Professional Help for Parents and Carers **24/7**



**MOVE2CHANGE: \$1 EXERCISE FOR MUMS, DADS, GRANDPARENTS AND CARERS**

Move2Change is a Lismore City Council project offering low cost physical activity programs that are suitable for all adults, regardless of fitness or ability. We run classes in Lismore, Nimbin and Dunoon.

All of our programs are only a gold coin donation per session for adults who are unemployed, Aboriginal or Torres Strait Islander, from a non-English speaking background, over 55, refugees, people with disabilities or carers.

On offer are Beat It, a physical activity and lifestyle education program designed by the Australian Diabetes Council; Lift for Life, a weight training program for people with, or at risk of, diabetes; and Heartmoves, light exercise for seniors and those with heart disease, diabetes and other conditions.

The second round of Move2Change program starts in Term 4 so call Tarryn on 6625 5377 for more information or to register



**TEEN NIGHT:  
LIBRARY BAG DECORATING**



**Thursday 18th October  
5pm - 6:30pm**

**At the Lismore Library**

**Pizza, drinks and all materials provided**

**For bookings and enquiries call 66212464**



**TRAIL BLAZERS PROGRAM**

Byron Youth Service is offering a range of FREE Enterprise workshops & events for young people aged 12 to 24.

This program is funded by the Federal Government Department of Family, Housing, Community Service and Indigenous Affairs

**CREATIVE ARTS COLLECTIVE:** Creative Arts Workshops  
Eight wk program. 8th October - 26th November (Monday arvo: 4pm-6pm)  
Weekly workshops by different artists; the aim being for young people to produce a diversity of creations which they will have the opportunity to sell @ the Artisan Markets.

**HANG IT!** Thurs Nov 1st, 8th, 15th (5pm-9pm), & 22nd (3pm-7pm)  
Participants will gain practical experience in how to set up a real photographic exhibition

**MARKET YOURSELF:** Nov 12th, 19th (Mon 6pm-9pm), & 25th (Sun 9am – 4pm)  
Workshops for young people interested in selling hand made or other items at the local markets.

**EBAY 101-103:** Nov 7th, 14th (Wed 5pm – 9pm) & 29th (Thurs 5pm – 9pm)  
Workshops for young people who are interested in selling hand made or other items on line.

**WEB SET UP:** Nov 3rd & 10th (Saturday 9am – 4pm) Workshops for young people who are interested in setting up a website for a business or interest

**BLOG IT!** Nov 21st & 28th (Wednesday 5pm-9pm) Workshops for young people who are interested in setting up a blog for a business or interest

**PITCH YOURSELF:** Nov 24th ( Saturday 9am-4pm) A one day workshop designed to provide young people with business interests or ideas the skills to evaluate & pitch their idea

**INDIVIDUAL MENTORING:** Nov 7th, 14th, 21st & 28th (Wednesday 1pm – 4pm)  
One-to-one, individualised support for young people who want to gain work experience or mentorship in their field of interest. Sessions can be booked in one hour blocks.



To enrol or get more information phone Stephanie Sims on (02) 6685777

**SUBSCRIBE ME!!.....**

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](mailto:kadina-h.admin@det.nsw.edu.au) with "subscribe me" in the subject line.

**For your convenience**

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



**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.

**WEP Student Exchange – Imagine Life As An Overseas Teenager!**

Study overseas in more than 20 countries with World Education Program (WEP) Australia. Opportunities to live and study overseas are available to all Australian secondary students who enjoy a challenge and are willing to completely immerse themselves into day-to-day life in another country. These outstanding educational programs offer you the experience of a lifetime and promote understanding and peace between people from different cultures.

"You know the expression "It takes a village to raise a child?" I think it takes a village to host an exchange student as well, as I have had different friends and neighbours drive me to school every day this week! I have been invited for weekends all over France with various people and everyone is keen to show me their way of life and culture! I couldn't be happier!"

~ Emma, semester program to France

**Find Out More!**

Visit [www.wep.org.au](http://www.wep.org.au) or call 1300 884 733 (for the cost of a local call) to discuss suitable program options and request an information pack, including WEP's free application form.

**Upcoming Information Evenings**

**Melbourne**

24 October / 7:30-9pm  
Kingston Arts Centre  
979 Nepean Highway  
Moorabbin

**Sydney**

25 October / 7:30-9pm  
Bowlers Club of NSW  
Level 2 / 95-99 York Street  
Sydney CBD

**Brisbane**

25 October / 7:30-9pm  
Metropolitan Motor Inn  
106 Leichhardt Street





## HON SHARON BIRD MP

Parliamentary Secretary for Higher Education and Skills  
Federal Member for Cunningham

### MEDIA RELEASE

#### New online tool for students

A new online search tool makes it easier to find out about eligibility for student payments, including Youth Allowance, Austudy and ABSTUDY.

Parliamentary Secretary for Higher Education and Skills, Sharon Bird, said the *Study Assist* website now offers a new way to find out about the range of financial assistance available while studying.

"The *Study Assist* website brings together a wide range of information that a student needs to know about financing tertiary study," Ms Bird said.

"The site offers a new quick and simple interactive tool where students can answer up to six short questions to find out about their eligibility for student payments.

"There's also information about scholarships and government student loans that help cover the cost of study."

Recent upgrades now make it easier for students to access the *Study Assist* website on a range of electronic devices as well as share information using social media.

"Figuring out what and where to study is difficult enough for most students – this website makes it easier to find what financial support they might be eligible for," Ms Bird said.

Ms Bird said the website also has a new web-based Student Income Support Guide for career advisors to help them provide advice to students who are considering undertaking tertiary study or an Australian Apprenticeship.

"It means that students will find it easier to make decisions and plan ahead."

Visit the *Study Assist* website at [www.studyassist.gov.au](http://www.studyassist.gov.au) or view the new interactive search tool at <http://studyassist.gov.au/sites/studyassist/studentincomesupport/studentincomesupportsearch/pages/student-income-support-search>

16 October 2012

Media Contact: Melinda Little 0418 127 259