

# ~Kadina News~

No 17 Term 4— 2nd November 2012

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Principal: Mr Ian Davies

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



## Principals Message

### Fundraising

During week 2, the Kadina High School Leos' club held a fundraiser at the school. The aim of the night was to raise money to support a year 10 student and her family access much needed medical support in Sydney. The evening was a huge success with many students, family members and staff attending the evening. Congratulations go to the teams who won the competition, the staff and students who worked behind

the scenes to make the night a success and a special thank you to the community members who sponsored the night through prizes. The funds raised on the night, added to the funds raised at a recent mufti-day meant the school was able to hand over a cheque for \$1800 to Erin and her family.

### POLAIR

Thanks to the Lismore police, Kadina High School recently had a visit from POLAIR. The Sydney-based chopper, was travelling north for training, and landed on the school's front oval around 12pm 18th October, and the police spent half an hour showing the students the helicopter. The POLAIR Helicopter is fitted with a mixture of hi-tech thermal imaging equipment, on board computer, real time video feed to ground stations, search lights and rescue winches. About 300 students from across all years got to see first-hand the various functions and machinery of the helicopter, even getting a chance to have a seat in the cockpit, as the attending police educated their student audience. Many students were able to take photographs in the helicopter and a gallery of photos is on the school website.

### Benefits of school uniforms

The wearing of school uniforms by students at Kadina High School will assist our school community in:

- ♦ defining an identity for the Kadina High School within our community
- ♦ developing students' sense of belonging to our school community
- ♦ providing an opportunity to build school spirit
- ♦ enhancing the health and safety of students when involved in school activities
- ♦ promoting a sense of inclusiveness, non-discrimination and equal opportunity
- ♦ reinforcing the perception of Kadina High School as an ordered and safe environment
- ♦ increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school
- ♦ promoting positive community perceptions of public education
- ♦ making school clothing more affordable for families by eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.

I would ask parents actively encourage our students to wear our school uniform.

**Ian Davies**

**Principal**

## Diary Dates

**November 12**

P & C Meeting

**November 13**

ESSA Yr 8

Yr 12 Formal

**November 15-16**

CAPA Showcase 6.30pm

**November 20**

RISK at Sth Cross Uni Yr 11

**November 21**

Celebrations Assembly



Being a Kadina student means that you:

**CARE FOR YOURSELF**

**CARE FOR OTHERS**

**CARE FOR THE ENVIRONMENT**

**CARE ABOUT LEARNING**















### Great Success for Trivia Night

The atmosphere at the Trivia Night held in Kadina's MPC on Tuesday night was festive and very positive. After staff, students and some guests enjoyed a barbecue catered by the TAS faculty in their new kitchen at 5.30 pm, we were all impressed by the great turnout by the school's community. Initiated by the School's Leo Club, the night was held to raise funds for to assist one of our students in her struggle with cancer. The length of the queue by 6pm showed how a community could come together to support a great cause. Thank you also for the generosity of all those who attended.



Almost \$1500 was raised as a result. The school would like to thank all the local businesses for providing a wide range of prizes for the various games quizzes and other activities during the night. Special thanks also goes to: Mrs Champion for her co-ordination of preparations; Mr Williams and others of the TAS faculty for making their facilities available for the barbecue; Mr Ippolito for doing a wonderful job as MC for the night; Mr Sassi for helping with the audio-visual setup; Mr Pickard for organizing the raffles and other activities; Gail Wergs who provided slices for refreshments, and Sean Lowndes for the Music quiz. Of course, our final thanks goes to all the student members of our Leos Club who had to carry all the furniture in and set up the tables, as well as helping with the running of the night and clean up after.

**Sue McLeod**  
Teacher Librarian

### MUSIC NEWS

#### YEAR 11 MUSIC NIGHT

Back in Week 2, Year 11 Music presented a concert as a culmination of their year's study. The program was varied and entertaining and showcased the wealth of talent in the class. People that attended also had the opportunity to see the new Trade Training Centre kitchen where supper was served by Mrs Shepherd and her daughter. A big thank you to them for helping out on the night. Mr Sassi and his Year 11 Entertainment crew are to be congratulated for their technical support. Mr Wade took some terrific photos which will be available to view soon on the school website. Thank you to all parents, family, friends and staff that attended the concert. Money raised will go towards equipment for HSC studies in 2013.

#### NORTH COAST NATIONAL SHOW

Following the success of the Music Night, Year 11 Music performed the next day at the Lismore Show. It was a sweltering day, but the students again presented their best and were well received by the show-going audience.



is coming to Kadina! The annual CAPA Showcase will feature performances and works from Dance, Drama, Music and Visual Arts students in the junior school. Performances will be held on Thursday 15<sup>th</sup> and Friday 16<sup>th</sup> November in the MPC at 6.30pm. If you can't make it to this performance, there will be a matinee on Thursday 15<sup>th</sup> at 11.15 am for primary students, parents and elderly patrons. IT'S A SHOW NOT TO BE MISSED! See you there.

**Virginia Johnstone**  
Head Teacher CAPA

#### 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.

## YEAR 11 MUSIC NIGHT 2012





## YEAR 11 MUSIC NIGHT 2012







### Talk till you Drop!

Year 7 experienced their first Speak-Off on Friday 26<sup>th</sup> October, and the culmination of the Year 7 Speaking Program was one to remember.

What an impact the speakers made! Twenty-one speakers took the plunge to deliver their speech in front of the entire year. Not only was this a record number of entrants, but also they performed at a record high level.

We heard about moving moments, scary neighbourhoods, and family disasters. From small tales to tall tales, each speaker held their audience because they were well prepared and confident.

The lucky ones to take home the rich prizes were 1st place Emily Yee, 2nd place Hannah Oliver, 3rd place Paris Gibson, with highly commended Oakley McMahon, Beatrice Hogan, Wesley Lingard and Aaron O'Hare. However, all were winners, including those supportive family members at home who spent time coaching students and helping them over the hurdle of their first public speaking contest. Thanks to parents and carers out there!

Our adjudicators Mrs Kim Forsterling, Miss Rea Byrne and Mr William Maina found great difficulty in choosing their winners as they felt the quality all round was so high. The English Faculty very much appreciate their time so generously given.

Year 7 as a whole behaved impeccably during the long event, remaining attentive and giving friendly support to the speakers. Thanks also go to Sue McLeod and Nell Anderson for their unstinting help as always.

**Mrs Julie Bryant**  
**Public Speaking Coach**





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

### Alcohol, Illegal Drugs, Driving and Roadside Testing

Driving under the influence of alcohol and/or drugs impairs driving skills. A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means **NO ALCOHOL** before driving.

Any driver, motorcycle rider or supervising licence holder may be required to undertake roadside testing for the presence of alcohol and/or illicit drugs. Roadside drug testing will detect the following three illicit drugs:

- Delta-9-tetrahydrocannabinol (THC), the active component of cannabis.
- Methamphetamine ('ice', 'speed', 'crystal meth' 'base' etc).
- Methylenedioxymethylamphetamine (MDMA or 'ecstasy').

Driving after using cannabis results in longer reaction times, alters distance and time perception, lowers concentration, coordination, alertness and ability to react, and narrows or blurs vision.

Driving after using stimulants such as ecstasy and speed/ice increases risk taking and aggressive driving cause's loss of concentration and blurred or limited vision. The effects of cannabis, ecstasy and speed can last and be detected up to 24 hours after use. Combining drugs or taking drugs with alcohol increases impairment and risks.

Of those who reported driving on drugs, the most common drug was cannabis at 81 per cent followed by ecstasy at 13 per cent and speed at 10 per cent.

#### Suggestions for parents

Familiarise yourself with how drug education is being taught in your young person's school.

Keep up to date with the latest information on alcohol, cannabis and other drugs and their effects, so you can have a credible conversation with the young person in your care.

Remind your young person to only travel with a sober and responsible driver who is not under the influence of alcohol or drugs. Discuss how they are getting home and be willing to collect them if they feel they are at risk.

Use TV reports, anti-drug commercials, school discussions about drugs, or a website to help you introduce the subject in a natural, unforced way.

Resources:

[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au) and [www.geared.nsw.gov.au](http://www.geared.nsw.gov.au)

[www.drugsdriving.adf.org.au](http://www.drugsdriving.adf.org.au)

[www.ndarc.med.unsw.edu.au](http://www.ndarc.med.unsw.edu.au) Follow links to Drug Information: Fact Sheets

[www.ncpic.org.au](http://www.ncpic.org.au) for information on cannabis

[www.youthsafe.org](http://www.youthsafe.org)

[www.yourroom.com.au](http://www.yourroom.com.au)

[www.rrisk.com.au](http://www.rrisk.com.au) for information about the RRISK program, drug use, risk taking

### Tips for supervising your Learner Driver (L)

- Safe driving takes time and practice – it is more than just operating a vehicle.
- Use the 120 supervised hours to help young drivers learn to recognise and respond safely to hazards.
- Plan a variety of driving experiences (e.g. different road conditions, weather conditions) and vary time of day.
- Shorter drives can be useful early on.
- Reduce the risk of distraction (e.g. turn off mobile phones)
- Keep instructions short and clear.
- Be positive and acknowledge when your teenager does well rather than criticise.
- At the end of a drive reinforce achievements and discuss areas to work on.
- Real on-road driving experience is more beneficial than 'advanced' or 'defensive' off-road driver training.<sup>1</sup>
- Find out more about supporting your young driver by attending a 'Helping Learner Drivers Become Safer Drivers Workshop' in your local area. Contact the RMS -Roads and Maritime Services (formerly RTA) on 132 22 13, visit [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au) or visit your local Council's website.
- You and your young driver must be familiar with the RMS/RTA Road Users Handbook and understand NSW road rules and licence conditions.

*1. Research indicates that advanced or defensive driving courses do not enhance skills for novice or learner drivers. Such courses can also lead to overconfidence of drivers resulting in increased risk taking. The Graduated Licensing Scheme in NSW consists of three stages and four tests. The focus is on supervised on-road driving experience in a range of conditions and environments. "Limiting Risks, Protecting Lives." NSW Centre for Road Safety (RTA 2009)*

For more information about the RRISK program and risk taking, visit [www.rrisk.com.au](http://www.rrisk.com.au)





### Tips for supporting Provisional Drivers

*Remember your teenager is still very new to driving. Continue to encourage safe driving including:*

- Ensuring they organise their time so they can stick to posted speed limits and adapt to driving conditions, such as rain.
- Get them to plan their night before they leave. For L and P1 drivers, mobile phone use is prohibited, even hands-free or loudspeaker.
- Slowly increasing the amount of independent night driving – this is a time when young drivers are more likely to crash.
- Gradually allowing them to increase the number of passengers in the car once they have progressed to the P2 stage. Remember, P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (*some exemptions apply*).

*Before your teenager goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas for young people to consider:*

- Leave the car at home.
- Catch a bus – check timetables to avoid waiting times at bus stops.
- Stay overnight with a friend.
- Arrange to be dropped off and picked up by a parent or other responsible adult.

*Also discuss:*

- Driving alcohol free.
- Dealing with pressure from friends to drive in an unsafe manner.
- Being a responsible passenger.

For more information about the RRISK program and risk taking visit



Changes to NSW Road Rules  
effective 1 November 2012

For further enquiries:  
[www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) | 13 22 13

### 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**





## 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) 66857777

**Police, Fire, Ambulance  
Triple Zero (000)**

In an emergency

**Crime Stoppers**

**1800 333 000**

Report crime anonymously

**Police Assistance Line**

**131 444**

For non emergencies

## Byron Youth Service invites parents to work together to reverse youth binge drinking.

If you are already raising teenage kids today or about to, then we are sure you know how challenging it can be. There are so many temptations out there for them and so many times when we just can't be there with them. Raising teenagers is a gradual process of allowing them to make their own choices while we stand back and hope they choose wisely. This can be quite stressful for everyone.

Binge drinking is one of those great temptations for our kids. It is ever present in our Australian and local culture. Unfortunately there are many times when kids do not make the right choices around binge drinking. **Tragically, four young Australians die each week from an alcohol related event.** (*Australian National Health Preventative Taskforce research*)

It is not only the drinking that is of concern but what it leads to is also very dangerous like sexual assault, violence, dangerous driving, impaired brain development and mental health issues.

We are sure that you are as concerned about the safety of our local kids as we are.

Here at the Byron Youth Services workers are faced with the consequences of our kids' binge drinking on a daily basis. We think that enough is enough. We want to put the brakes on this destructive culture in Byron Bay. But of course we can't do it on our own. We need everyone to decide to work together on this. We need your help to create a safer environment for your kids to grow up.

So here is a point where we can come together for the benefit of our kids. We developed "Cringe the Binge" as a grassroots, community solution to this widespread problem. Working together we can do a lot to reverse the harmful binge drinking culture.

Help us to help you. Join us on the Weekend of Action from 9<sup>th</sup> -11<sup>th</sup> November at one of the events in Byron. Come to hear Dr Steve Hambleton, President of the AMA and BYS Director Di Mahoney discuss the issue at 10am on Saturday 10<sup>th</sup> at the Youth Activities Centre 1 Gilmore Cres. Take your family to the **Rise a Movement free concert**, featuring young local musicians from 4-8pm in Apex Park, and go to [www.cringethebinge.com.au](http://www.cringethebinge.com.au) and [www.facebook.com/CringeTheBinge](http://www.facebook.com/CringeTheBinge) to get advice and information about how to tackle this problem. We would love you to make a donation, (details on the website) and you may win a great prize.

**Join with us to create the Byron solution to a national problem.**

Di Mahoney & the Byron Youth Service team  
66857777