

Principal's Message

The Rivers Secondary College

Last week Kadina High School participated in The Rivers P-12 consultation meeting chaired by the Deputy Director General Greg Prior. It was a valuable opportunity for Principals, teachers, Federation and P&C representatives to hear from the DDG, the Deputy President of the NSW Teachers Federation Gary Zadkovich, the President of the Secondary Principals Council Lila Mularczyk and the President of the Primary Principals Association Geoff Scott. The Northern Aboriginal Education Consultative Group president Nita Roberts provided an apology to the meeting.

Under The Rivers Secondary College (Kadina, Lismore & Richmond River High Schools) the schools will show flexibly in working together to support strategies in The Rivers P-12 Strategic Plan involving all primary and high schools. The Rivers Secondary College would operate as an entity within the broader framework of The Rivers P-12 and implement initiatives across the high schools, and link closely with primary schools. The schools will maintain their individual school identities within The Rivers Secondary College and The Rivers P-12.

Diary Dates

4 - 8 Nov

Yr 7 - 10 Exam Week

11 Nov

P & C Meeting

12 Nov

Yr 12 Formal



Report continued over

Being a Kadina student means that you:

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



NAPLAN

After a delay in printing, year seven and year nine can now access their NAPLAN results. If your child has not brought their results home please contact the appropriate year adviser, Ms. Rowan for year seven, and Mr. Wilson for year nine.

Breast Cancer fund raising



I would like to acknowledge all the staff at Kadina for their support with donations, cooking and help with last Wednesday's Breast Cancer Morning Tea. Students also held a pink ribbon day on Wednesday. They not only had ribbons but also sold pink cupcakes, watermelon and pink candyfloss to support the Breast Cancer Charity.

Together staff and students raised almost \$1000 which is just fabulous - remembering they have helped with doing something extraordinary for thousands of women and their families across Australia. We can't afford to become complacent about breast cancer. On average in 2012, 40 women were diagnosed with breast cancer and 7 women died from breast cancer everyday.

Ian Davies
Principal

FREE MATHS TUITION FOR KADINA STUDENTS

Just a reminder, if you missed the previous newsletter that free maths tuition is available for all Kadina High students from 8am on Thursday and Friday mornings in A4. This is a fantastic opportunity to get help for your children in any areas of maths they are struggling with. Maths tutors can be difficult to find and sometimes costly but students have the opportunity currently to get help for free, so please get your kids out of bed that little bit earlier on Thursday or Friday mornings and send them along for some extra help.

Mrs Boyd



MIND MATTERS

Recently, a few of our staff attended a professional development seminar called 'Mind Matters'. It addresses the social and emotional health of young people today and how we can better support our students in a school environment. 'Mind Matters' uses a whole school approach to mental health, based on the principles of the World Health Organisation.

The Mind Matters program aims to:

- embed promotion, prevention and early intervention activities for mental health and wellbeing in Australian secondary schools
- enhance the development of school environments where young people feel safe, valued, engaged and purposeful
- develop the social and emotional skills required to meet life's challenges
- help school communities create a climate of positive mental health and wellbeing
- develop strategies to enable a continuum of support for students with additional needs in relation to mental health and wellbeing
- enable schools to better collaborate with families and the health sector.

Other schools who have participated in this program have reported that teachers were able to better identify students who were at risk and refer them to appropriate services. Students have had more confidence with seeking help for mental health problems and due to the enhanced social and emotional awareness, more positive relationships between staff, students and the wider community have been developed.

To assist us in this program, we are going to survey the students and wider community to give us insight in which areas we need to start giving more support and to help us gain an accurate knowledge of the specific needs of our students.

All of the students will be completing their survey at school and later in the term it will be sent out to all parents and caregivers of our students. We would appreciate your participation in this survey, so you can contribute to making Kadina an even more positive experience for all students, caregivers and staff.

Janine Russell

Relieving Head Teacher Welfare

Mathematics, we use it everyday!

Recently Mr Williams, (Head Teacher TAS) came into Mr Wade's Maths class to talk about the uses of Mathematics in his subject and in day to day life. The students were able to see that it's important not to look at the subjects they do in school in isolation. All subjects complement each other.





REDUCE RISK - INCREASE STUDENT KNOWLEDGE

www.rrisk.com.au

Supporting Provisional Drivers (P1 & P2)

- A P1 licence must be held for at least 12 months.
- After passing a hazard perception test, drivers progress to the P2 licence for a minimum of 24 months.
- Speed restrictions for P1 drivers is 90km/h and for P2 drivers 100km/h
- A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means NO ALCOHOL before driving.
- For P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker. P2 drivers can only talk on a hands-free phone when driving; no text messaging.
- P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (some exemptions apply).

Tips for Parents

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.
- 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.

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.

RRISK Seminar 2013

Year 11 students are invited to attend this year's RRISK seminar. 59 high schools from across the North and Mid North Coast will be attending RRISK at the following venues and dates.

RRISK seminar dates

Port Macquarie	Panthers Auditorium	7 and 8 November
Coffs Harbour	Southern Cross University	14 and 15 November
Kempsey	Melville High Community Hall	20 November
Lismore	Southern Cross University	25, 26 and 28 November
Tweed Heads	Twin Town Services Club	5 and 6 December

RRISK (Reduce Risk Increase Student Knowledge) encourages students to:

Know the facts
Be aware of the risks
Make informed decisions
Plan ahead
Look after your friends

This is the 15th year that the RRISK Program has been running on the Far North Coast and the 7th year the program has been offered to schools in the Mid North Coast. If your teenager is in year 11, please encourage them to attend.

Free presentation for parents, teachers and anyone who works with young people

Paul Dillon, Director of Drug and Alcohol Research and Training, Australia is keynote speaker at the RRISK Seminars. Paul works with young people in Australia and internationally and is regularly invited by the media to provide expert commentary on alcohol and drug issues. Paul will give a free presentation for adults on the latest evidence and how to communicate effectively with young people about alcohol and other drugs.

Port Macquarie	Panthers Club	7 November	4.00-6.00pm
Coffs Harbour	Southern Cross University	14 November	4.00-6.00pm
Kempsey	Melville High Community Hall	20 November	4.00-6.00pm
Lismore	Southern Cross University	26 November	4.00-6.00pm
Tweed Heads	Civic Centre	5 December	4.00-6.00pm

Look for information about the RRISK Program including the full evaluation reports at our website www.rrisk.com.au

COMMUNITY NOTICES

Community Sector Masquerade Ball: Nominate a caring community sector worker for an award. Award nominations and booking information

WWW.NRSDC.ORG.AU/BALL \$45 dinner & entertainment Lismore Workers Club 9/11

Open Talent Workshop: 20-24/1/14 Sydney Entertainment Centre. \$600 Ages 14-23. www.tdp.org.au/call Robyn Philpot 93204221

Second Hand Saturday: 16th November, register your garage sale online at www.secondhandsaturday.com.au.

Autism and Spectrum Disorders and Adolescent: 8th November Lismore Sports Club (Goonellabah) 10am to 3.30pm. Cost \$60 Parents \$100 Professionals. Register at www.autismspectrum.org.au. Enquires: Jodi Rodgers Ph 6628 3660 fnc@autismspectrum.org.au

Bexhill Public School, Trivia Night: Rock Wiz 70's/80's Theme, Saturday 9th November Lismore PCYC \$10 a

head. Doors open 6pm for a 7pm start. BYO Drinks and Nibbles. To book call Leonie at Bexhill School on 66284223

Lismore Public School: \$20 Portrait Fundraiser, Sunday 10th November. Sharon – 0466 388 422 or 6622 2731 or lanesharon@hotmail.com

Audition Bootcamp: Bringing Australia's most respected music theatre professionals and Australia's favourite TV talent stars to teach you the secrets to success in your auditions. Week one TV Talent Competitions 13 - 17 January 2014, Musical Theatre 20 - 24 January Register at www.queenievandezandt.org

Managing Strong Emotions: Workshop for parents and carers 12/11 10-1pm, 143 Laurel Ave Lismore. Contact Jude at Family Support Network 66212489

Lismore High School Canteen Licence

Tenders are called for the licence of the School canteen for the school year commencing 2014 and for a term of approximately two years. Annual school enrolments will be approximately 450.

General enquiries and requests for a Tender Information Package should be referred to:

Andrina Bennett
Telephone: 02 6621 2122
Email:
Lismore-h.school@det.nsw.edu.au

Tenders must be submitted in a sealed envelope marked "Confidential - School Canteen Tender" and sent to:

The Principal
Lismore High School
Cnr Dalley and College Street
Lismore 2480

Tenders close at 3pm on 22 November 2013
A tender visit and briefing session is planned to be held in the near future. All applicants must make themselves familiar with clause 2 of the tender offer.

HOST FAMILIES NEEDED! MORE INTERNATIONAL STUDENTS ARRIVING IN FEB 2014

October 2013

Latest news...latest news...latest news... latest news...latest news...latest...



From France

Exchange student Anna, 15, has an eye for art and a fine sense of balance and rhythm. The good gymnast that she is, she is also musical. She sings, plays the guitar and wants to explore Australian culture and natural environment, and share her culture.



From Italy

Alberto, 17, has led his soccer team to success at top levels. He also enjoys playing basketball and is very friendly and independent. Living near Milan, he works hard at school and hopes to achieve his ambition of becoming a doctor one day.



From Austria

Theresa, 16, is from Vienna and, not surprisingly, music flows in her veins. She plays both the flute and guitar, and is with a brass band. A keen cyclist, she wants to make use of her skills for medical and humanitarian work one day.



From Germany

Jennifer, almost 15, spends time gazing in the sky as she is fascinated with astronomy. She is an excellent student and interested in foreign cultures and sports, including cycling and horse-riding. She plays the violin and flute, and is fluent in English and French.



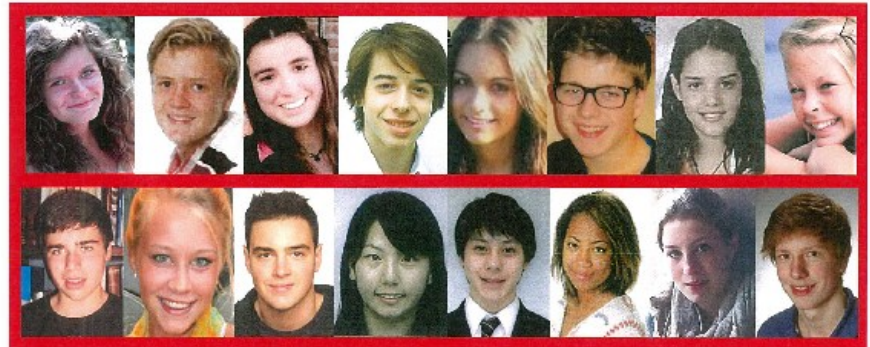
From Japan

Miki, 16, lives close to the mountains in Kobe and particularly enjoys the outdoors and visits to hot-springs. A pleasant and caring girl, she is a well-rounded student who enjoys sports and has been to England.



From USA

Liam, 17, from Vermont is adaptable and athletic, and enjoys a raft of activities including soccer, tennis, swimming and trampolining. He has travelled around the USA and Canada and also speaks French.



Their faces say it all: photos of exchange students to Australia who have completed their programs and returned home

Many more international students choosing Australia will arrive Feb 5th, will be prepared with a 3-day residential orientation in Sydney and will join their Australian host families on Feb 8th. Program lengths are 3, 5 and 10 months. Students are selected, covered by insurance, supported by Local Coordinators and enrolled in schools by S.C.C.E. S.C.C.E. is available 24/7 to all program participants.

**Request now as many full student profiles as you like
- you may just know the perfect host family!**

1800-500-501 or 03-9775 4711
Email: socceust@scce.com.au
Postal Address: Locked Bag 1200
Mt Eliza, VIC 3930

Australia's own international
student exchange organisation
since 1993



Parents Count Too

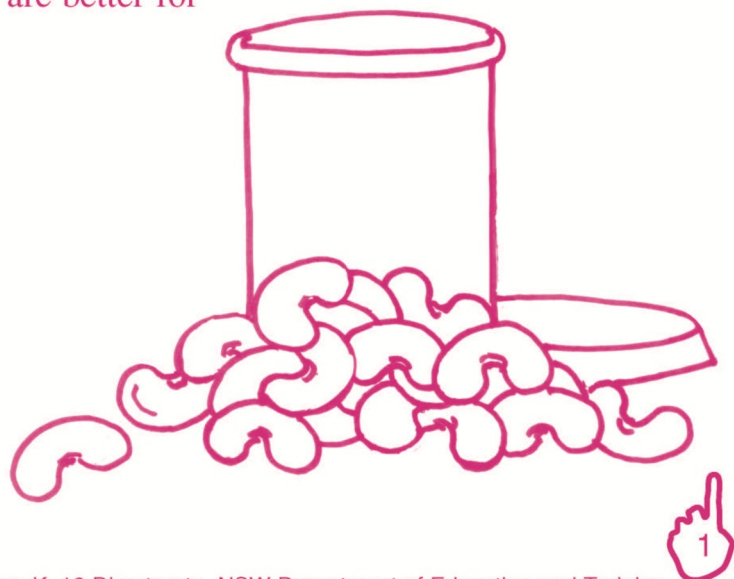
Helping your child with – Measuring volume and mass

Children's early experiences with measurement will often be based on their observations of you as parents. Watching mum or dad measure and pour ingredients for a recipe or weigh items at the fruit shop will often become part of play in following days.

How do children learn to measure volume and mass?

Children initially develop an understanding of measurement through comparing objects. They may hold up two toys and say one is heavier or lighter than the other or look at two glasses and say one has more water in it than the other. Soon after, they begin to compare more than two objects.

Children need to play with a variety of materials and containers for filling, packing and pouring before they can move to using *formal* units such as kilograms and grams. They need to understand how things can be packed together to fill a container and which materials are better for packing.



Parents Count Too

What can you do at home?

- Give your child different sized plastic cups and a large plastic container to play with in the bath. Encourage your child to guess how many of each cup will be needed to fill the container.
- Talk about how many cups or teaspoons of each ingredient are used in a recipe when you are cooking together.
- Encourage your child to pack away their own toys and books. Talk about how things will fit better depending on the way they are stacked or placed.
- Make a sandpit from a large plastic tub so your child can fill various containers with sand. Sieves, colanders, plastic spoons and bottles, old margarine tubs, and funnels are useful equipment for sand play.
- Count how many cups of dry pasta or popcorn are needed to fill a bowl.
- Talk about how much you can hold in your hand. Compare how many marbles or small rocks you can hold to the number your child is able to hold.
- Collect a variety of different sized boxes. Encourage your child to see if they can fit the boxes inside each other. Talk about which box is the best to start with and why.
- Fill a shoe box by stacking with blocks, one layer at a time. Count how many blocks were needed for the first layer and then build more layers.
- “Hefting “ is the balancing of an object in each hand and deciding which is the heavier or lighter. This is a good way for children to compare the weight of objects.
- Drop different objects into a bucket of water or the bath to see which makes the biggest splash. Talk about why some things made a bigger splash than others.

Parents Count Too

- Show your child how you use kitchen scales to measure ingredients.
- Have your child weigh themselves on bathroom scales. Weigh other family members and family pets.
- Talk about how much your child weighed when he or she was born.
- Show where the weight of goods is recorded on food packets.
- Have your child help you weigh items when grocery shopping.
- Play on a see-saw and talk about how to make the see-saw go up, down or balance.

