

# Kadina News

Issue 16 Term 4  
30 October 2014

*We would like to respectfully acknowledge the Elders past and present of the Wijabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.*



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## PRINCIPAL'S MESSAGE

### Bob Randall

I had the great pleasure of meeting Uncle Bob Randall at Lismore Department of Education Offices this week.

Bob Randall is a Yankunytjatjara Elder and a traditional owner of Uluru (Ayers Rock). Bob is one of the Stolen Generation of the Aboriginal people, taken from his family at the age of seven. Throughout his life,

Bob has worked as a teacher and leader for Aboriginal land rights, education, community development and cultural awareness. In the early '70s, Bob's song "Brown Skin Baby (They Took Me Away)" became an anthem for the Aboriginal people. He is the author of two books: his autobiography Songman and a children's book, Tracker Tjinji. He is also the subject of the recent documentary film, Kanyini.

I found his story fascinating and inspirational. We are hoping we will have Bob presenting to our school in the not too distant future.



### High School Transition Days

Students in Year 6 from our feeder schools will have two transition days later this term. All Lismore Primary schools in town, Richmond River, Lismore and Kadina high schools, working collaboratively under 'The Rivers P-12' banner, are running the transition days on the same dates. On Wednesday 26 November and Wednesday 3 December, Year 6 student will go directly to their respective high schools.

Parents of our visiting students should arrange for their child to get to and from Kadina High School on these days.

### Raising good digital citizens

We are the first generation of parents responsible for equipping our children with digital citizenship skills. That is, how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/using-technology/raising-good-digital-citizens>

**Mr Davies  
Principal**



### DIARY DATES

**10 November**  
**P & C Meeting**  
**11 November**  
**Yr 12 Formal**  
**26 November & 3 December**  
**Yr 6 Orientation**  
**26-29 November**  
**Showcase**  
**1-5 December**  
**End of Year Excursion Week**  
**8-10 December**  
**Yr 9 Lake Ainsworth**

## The Rivers Primary School's Public Speaking Finals

The Rivers Primary Schools had their public speaking finals at Lismore Town Hall recently. Adjudicators were Lismore Mayor Councillor Jenny Dowell, with Millie Burnett and Georgia Knight. Luci Gray and Jess Johnson from Year Eleven sang and Executive Principal Mr John Baker spoke at the event.



## Updated information

Do we have your current contact numbers?

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



## Public Speaking

Congratulations and commiserations to our Stage 4 (Years 7 & 8) debating team who went down narrowly to Alstonville High in an extremely close contest today. Lily, Tahli, John and Darci debated well but were unlucky to draw the wrong side of a poor topic on the day. Thanks also to Ms Boulton for all her hard work in getting the team through to the Quarter Finals of the Zone competition after taking out the Regional final recently. Stand by for more success from this team in 2015!

**Ms Renee Boulton, Teacher**



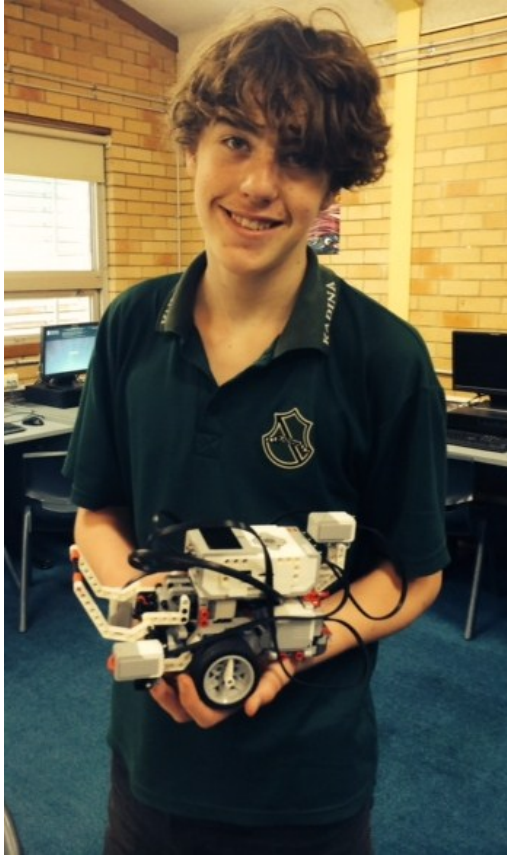
## Uni Visit

Year 7 students had a fantastic day at Southern Cross University on Thursday as part of the 'Uni Opens Up Your World' Day. The students involved were a credit to their school and their families; an enthusiastic and positive group of young people. The students spent the day exploring life at university, mapping future pathways, engaging in Hip Hop workshops, participating in traditional Indigenous dance and eating loads of PIZZA! Well done year 7!

**Mr Flanagan, Year Adviser**



## Robotics



## GRIP

On Monday 27<sup>th</sup> of October 2014, Mrs Jacob took the four captains elect to GRIP Student Leadership Conference at Tweed Heads. The conference was unique in that it concentrated specifically on training student leaders for their role as school leaders. SRC representatives from schools all over the North Coast and South-East Queensland attended. Our students left with a clear vision, a solid understanding and dozens of ideas for their time as our leaders.

***Justine Jacob, SRC Coordinator***



## Year 10 Love Bites



On Tuesday the 28<sup>th</sup> October, all the Year 10 students participated in the "Love Bites" program. Each year the school nurse and other presenters from various community organisations come into the school to educate the students and develop an awareness of positive relationships. The main concept that the program promotes is how to 'Expect Respect' in a healthy relationship.

Students learnt about what a respectful relationship might look like and how to recognise signs of an unhealthy one. This was through group discussions, videos and role playing. They also learnt about where to get help either for themselves or their friends if they ever needed it.

In the afternoon the students put themselves into workshops which involved either Art or developing a Hip Hop song which related to the topic. They engaged incredibly in both these activities and were extremely creative. The art work is displayed up around the school and the Hip Hop track will be sent to the school as soon as it is edited.

Well done to all students who participated, not only in their behaviour but in the mature way they engaged in this very sensitive topic.

***Janine Russell, Head Teacher Welfare***





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www.rrisk.com.au

## Newsletter 1

### Young People and Risk Taking

Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one's friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. If you have a year 11 student in your family, encourage them to attend.

#### RRISK seminar dates 2014

Port Macquarie	Panthers Auditorium	7 November
Coffs Harbour	Southern Cross University	13 and 14 November
Kempsey	Melville High Community Hall	19 November
Lismore	Southern Cross University	24, 25 and 27 November
Tweed Heads:	Twin Town Services Club	4 and 5 December

#### Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website [www.rrisk.com.au](http://www.rrisk.com.au) and in this newsletter over the coming weeks.



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## Newsletter 2

### Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

#### Alcohol and adolescent brain development

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see <http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf>

#### Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue [www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 22 4636

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)

# COMMUNITY NOTICES

**RECLAIM THE NIGHT:** 6pm Friday 31st October 2014, Spinks Park, Lismore. Activities from 6pm, march at 7pm around Lismore CBD.

**EMPOWERING U:** World Class Course for 14-25 year olds Ballina 21 - 23 Nov 2014. Learn Advanced Living Skills: Goal Setting, How to manage emotions, Breaking through barriers, Money skills and wealth building, 6 Steps to career success, Communication, family and relationships. Don't miss out. Only \$50. Enrol not at [empoweringlocalyouth.com.au](http://empoweringlocalyouth.com.au) or phone Tim 0412 734 454

**YOUTH CONNECTIONS COMPUTER CLUBHOUSE:** Is an innovative, Creative, out of school learning space for 12 - 18 year olds, located at Lismore Conservatorium of Music, Keen St Lismore. For more information contact Youth Connections on 6622 3143 or [YCNC@YCNC.com.au](mailto:YCNC@YCNC.com.au)

**NORTHERN RIVERS SHUKOKAI KARATE:** For class times contact Barry 66250091 or David 6622 5961

**DENTAL HEALTH CLINICS:** Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics. Services include routine dental examination and general dental treatment. Phone for an appointment 1300 651 625 press option 2.

**WOLLONGBAR PUBLIC SCHOOL FETE:** Saturday 1st November 9 - 2pm. Prepaid ride passes from the School Office 7th October \$25 (\$30 on the day)



**Kadina in blume**

## 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.

## SICKNESS PROCEDURE

If a student becomes sick at school they should:

1. First inform their teacher or any teacher if in the playground.
2. If directed to, the student should then report to the main office with a note.
3. If the student is unable to immediately return to class it is policy that parents are contacted by the school and asked, to pick up their child.