

KADINA HIGH CAMPUS NEWSLETTER

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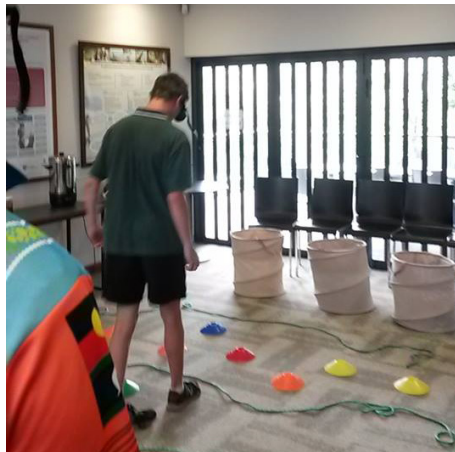


THE RIVERS
SECONDARY COLLEGE

ISSUE 8 | TERM 4 | WEEK 3 | 2017

Baribunmani Wanyi Ngay – Health Careers for Aboriginal People

On Tuesday 17th October a group of Yr 9 and 10 indigenous students were accompanied by Irene Clarke and Mrs O'Sullivan to the University Centre for Rural Health. The students were engaged in activities surrounding the effects of smoking presented by Mook and Deb from Solid Mob. They saw a number of indigenous presenters that talked about their career pathways in different health related areas. The speakers included Emma Walke (from the University Centre for Rural Health) ; Jamie from Headspace; Carmen from Sydney University and a presenter from Connect that talked about traineeships. The students all learnt something new and felt they had a better understanding of the many job opportunities in the local Health sector. Thank you to Irene Clarke and Darlene Rotumah for helping to organise this day.



SistaSpeak

Great partnerships with our primary schools were evident on Friday 13th October when Year 6 indigenous female students enjoyed a wonderful experience at Kadina High Campus with Year 7 students hosting the afternoon and exercising their leadership skills. Visits around the school highlighted our learning opportunities with the Agriculture tour being a real favourite with the girls. An open discussion about the many challenges of transitioning from primary school to high school left the girls feeling very supported and comfortable that coming to Kadina High Campus next year will be a fantastic experience.



CALENDAR

HSC Exams

16 October - 3rd November

Melbourne Cup Day

7 November

Year 12 Formal

16 November

Rivers 6 into 7 Orientation Day

28 November

Rivers 6 into 7 Orientation Day

5 December

HSC Results Released

14 December

Last Day of term for students

15 December

Shared Curriculum (Rivers subjects) Orientation days for Year 10 students

Kadina High students from Year 10 will be involved in Shared Curriculum Orientation visits on Monday 23rd October and Wednesday 25th October.

Students who will be studying a shared curriculum subject at another Campus will visit their host campus on the following days and times below. Students will meet with, and discuss their chosen subject with an experienced teacher:

Monday 23rd October, Kadina High Students depart KHC bus bay at 9.20 for a half day visit at Richmond River High Campus. Students return at approximately 12.15pm. Students will travel with Ms Perry.

Wednesday 25th October, Kadina High Students depart KHC bus bay at 11.20am for a half day visit at Lismore High Campus. Students return at approximately 2.30pm. Students will travel with Mrs O'Sullivan.

If your child/ ward who is studying a Shared Curriculum subject has not yet picked up:

- a Shared Curriculum student booklet,
- a permission note to attend these visits, they need to do so immediately.

Please collect these from Mrs Sonya Laverty in the PDHPE staffroom. If you require any further information, please contact the school and ask to speak with Mrs Laverty as our Rivers Campus Coordinator.

Thanks, Mrs Laverty



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www.facebook.com/Kadina-High-School

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





Teacher Elke Readman (left) saved Lib Ruytenberg's life by performing CPR while picking up a wine rack she found on Gumtree.

Picture: MARC STAPELBERG

Gift of life found free on Gumtree

DWAYNE GRANT
dwayne.grant@news.com.au

IT'S the Gumtree exchange that saved a life.

When 67-year-old Lib Ruytenberg had a cardiac arrest at her Lismore home, the only thing standing between her and death was a stranger collecting a free wine rack she had advertised on the classifieds website.

And that stranger just happened to have been waiting 15 years for that moment.

"It was instantaneous," Cabarita Beach SLSC patrol captain Elke Readman said of her response when the woman she had met minutes earlier collapsed as they carried part of the wine rack to her car.

"I'd never had to do CPR but 15 years of training just makes you go 'This is what I have to do' ... within 30 seconds I was dialling triple 0."

"A few times Lib took gasping breaths and I'd roll her into the recovery position hoping they'd continue, but they didn't so I'd roll her back and start CPR again."

"The time didn't even occur to me. I was just going through the motions – compressions, breaths, compressions, breaths. It wasn't until that night when I checked my (phone's) call log that I realised I was on the line to triple 0 for 19 minutes."

That's right – the 32-year-old schoolteacher spent almost 20 minutes single-handedly holding the Grim

Reaper at bay before paramedics tapped her on the shoulder and said 'Well done, we'll take it from here'.

After using a defibrillator and administering oxygen,

"I HOPED SO BADLY FOR A POSITIVE OUTCOME AND TO HEAR THAT NEWS, YOUR SHOULDERS JUST DROP AND YOU THINK 'THANK GOD'"

HERO ELKE READMAN

the ambos and an unconscious Lib sped off to hospital – leaving Elke all on her lonesome.

"That was hard because I didn't know what the out-

come was going to be," she said. "That night I had a debrief with my husband and a friend, which was so important, and I decided I needed to find closure either way."

"The hospital weren't allowed to tell me anything but an hour later one of the paramedics called and said 'Amazing job, she's still alive because you knew what you were doing'."

"I hoped so badly for a positive outcome and to hear that news, your shoulders just drop and you think 'Thank God'."

After spending a week at Lismore Base Hospital, Lib was transferred to Gold Coast Private Hospital where she had a cardioverter defibrillator implanted to correct an arrhythmia, aka irregular heartbeat.

Inspired by her serendipitous tale of survival, the hospital has since hosted a free CPR course to hand more people the tools that saved her life.

"I'm walking, I'm breathing, I'm alive," Lib said as she prepared to meet her saviour for the third time at our photo shoot – not that she can remember the other occasions.

"Elke visited me in hospital but I have pretty much no recollection of that week. I don't even recall meeting her before I collapsed."

"But I'm so grateful for what she did. It must have been so scary. You don't expect to turn up to someone's house for a routine exchange and see them drop in front of you. I just can't wait to give her a big hug."

2017 Leadership Summit

During the holidays two students selected from The Rivers Secondary College, Kadina and Lismore High Campuses attended the 2017 Leadership Summit with the Beyond the Broncos program. The girls were selected to attend because they demonstrate leadership qualities every day at school. The summit was attended by 14 girls in total, who were selected from schools from Lismore and as far north as Caboolture. Tywana from Kadina High Campus and Natalia from Lismore High Campus were impressive during the trip. They engaged with the other girls confidently and made some new friends along the way. During their stay the girls attended a tour of Griffith University, Nathan Campus; including a look at the full moot court set up in the Law Unit. They later visited Triple A, the Brisbane City Indigenous radio station and one of Brisbane's Accor hotels. At each destination the girls were exposed to a variety of career pathways and got a chance to ask plenty of questions about possible futures paths for themselves.

On the final day the girls were invited to the Broncos Leagues club where senior executive staff and ex-Broncos players shared their experiences in selecting and working toward a career. Again the girls were able to ask questions and left the session feeling very inspired with some of the achievements particularly of the women in the room.

Finally, the girls played an important role in evaluating the program. For many of the girls attending they have now completed their high school years and for some the Broncos program has supported them since year 7. It was a great opportunity for the girls to take control and express their opinions about the program. They made some positive suggestions for the future and also sung the praises of the support that the program has offered them so far.

On the trip back from Brisbane both Tywana and Natalia were able to clearly articulate their future goals. We wish them the best of luck and have no doubt that they will be inspiring women of the future. As of Term 4, the Beyond the Broncos Girls Academy will be officially up and running across all Rivers College Campuses. Indigenous girls in year 7-12 are encouraged to engage with the program to enjoy in-school support, rewards for success and attendance, and plenty of ongoing opportunities for engagement with the Broncos community.



Junior Debating Success

Our Junior Debating team have had a string of wins lately and on Thursday, last week, competed in the Premier's Debating Challenge- Regional Semi Finals against Grafton High School.

Our team put up a vigorous debate against a superior team but were not successful this time. Jemima Hogan got us off to a great start. As first speaker, she clarified and redefined the topic. Sinovai Rooney then presented well and Tom Burnett, as third speaker, brought our argument home with confidence. Our fourth speaker, Alani Laing, who nailed the rebuttals, supported our team through the whole debate competition. We would not have made it this far without the additional support of our fifth speaker, Mia Orams. Thanks to Lachlan and Lucien for their training and brilliance. And also, thanks to Ms Boulton for stepping in and taking the team to Mullum for Round 4! We've had a great time and look forward to taking on the senior program next year!



Sports Update

North Coast Reps

Congratulations to Jack Franey on his success at the NSWCHS Tennis Championship, Jack travelled to Bathurst last term, and did extremely well, only dropping one game all tournament. Good Luck to Cameron Bryant after his selection in the North Coast Cricket team. Cameron will compete at the NSWCHS Championships from the 6th to the 9th of November.

Futsal

After a very successful Zone gala day last term, at which our 16 year old boys futsal team won the Championship, they then drew against the newly merged Ballina Coast High in round 4. Unfortunately, we were a player down as an injury sustained in the Zone final kept Jackson on the sideline. The team stepped up and took it to Ballina Coast in front of their vocal home crowd in the first half, winning 1-3. Our lack of subs worked to their advantage as the game continued, the final result was a convincing win to Ballina Coast. Although the boys were disappointed with this result, the boys should be very proud of taking out the zone championship against Alstonville High. The team consisted of Isaac E, Ben H, Jacob R, Matt W, Cody H, Jackson Y and Max P.

Cricket

The 14 year old boys cricket team played Alstonville High in round 1 of the North Coast KO. Our bowling attack limited the visitors to 109 runs, with Riley B leading the way with a run out and figures of 4/13 off 7 overs. The rest of the bowlers shared the wicket in a great team effort.

Batting second, we got off to a slow start before a solid partnership between Tomas G (17) and Riley B (21) saw us close in on the 109 target. Wickets then started falling regularly, leaving us 14 runs short of Alstonville's total.

The team was Riley B, Zac S, Ben G, Thomas G, Matt G, Tom B, Zac W, Brayden C, Cooper McM, Jeff C and Anshu K.



U15s Girls Northern Rivers Zone Netball

Six players from Kadina represented the U15S Girls Northern Rivers Zone Netball on 11th September.

The girls played three games without the luxury of having any substitutions. They successfully defeated Kyogle, Alstonville and Maclean High schools to progress to the next round.



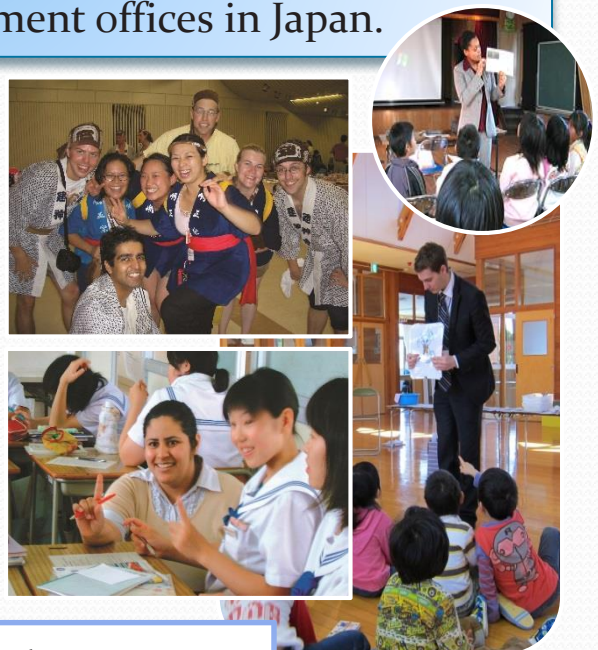
EXPERIENCE JAPAN WITH THE



The Japan Exchange and Teaching Programme is a Japanese government sponsored exchange programme that aims to improve foreign language education in schools and to promote international understanding. The JET Programme offers highly qualified Australian university graduates opportunities to work as either Assistant Language Teachers (ALT) in primary and secondary schools or as Coordinators of International Relations (CIR) in local government offices in Japan.

Come along to an information session to learn more about the fantastic opportunities on offer through the JET Programme:

Wednesday 25th October 2017
4:30pm-5:30pm & 5:30pm-6:30pm
Japan Centre
Southern Cross University



For further information please contact:

Consulate-General of Japan
Level 12, 1 O'Connell Street
Sydney, NSW 2000

Tel: (02) 9250 1000 E-mail: cginfo@sy.mofa.go.jp



<http://www.sydney.au.emb-japan.go.jp/english/education.htm>

CONDITIONS OF ENTRY

All entries must be original and executed within the last 12 months

The artist may submit no more than TWO (2) entries

Artworks must be delivered with hanging devices

Maximum size for works is 1.2m x 1.2m including frame. Sculpture must be freestanding and fit within a 1.5 x 1.5m sq floor space

Each work must be labelled on the reverse with Name and Address, Title, Price, Section and Medium (ie: oil, acrylics etc)

All entries are accepted, displayed and returned at the owner's risk

The Art Committee accepts no liability for loss or damage

Freight, return freight and insurance must be prepaid by the artist

The Committee reserves the right to have any entries reproduced for promotional purposes, artist credited

Should any dispute arise for which there is no specific course of action or rule, the matter shall be referred to the Committee whose decision will be final

If works cannot be collected at the times stated below, separate arrangements must be agreed with the Committee. Otherwise no responsibility will be taken for the works

The judges' decision is final. No correspondence will be entered into

The Committee reserves the right to cancel any section if there are less than 5 exhibitors and if there are less than 10 entries in total

Entry fees All cheques & money orders payable to Coraki Art Prize Inc

Sections 1-4 \$15.00 for first entry, \$5.00 for second entry

Sections 5-6 \$5.00 for first entry, \$2.50 for second entry

Entries close Wednesday 18 Oct 2017

Delivery Tuesday 24 Oct 5pm-7pm or Wednesday 25 Oct 8am-5pm

All works to be delivered to Coraki Campbell HealthOne Surry Street, next to aged care facility

Collection Works must be collected on
Sunday 29 Oct 3:00pm-5pm or
Monday 30 Oct 8am-11am

All winners will be notified Friday afternoon and we ask that they BE AVAILABLE TO RECEIVE THEIR PRIZE at the **Presentation of Prizes on Saturday 28 Oct at Coraki Youth Hall at 7pm.**

OFFICIAL OPENING

Saturday 28 Oct from 6pm

Youth Hall, 77 Bridge Street Coraki

Bar, Pop Up Eatery and Live Music

EXHIBITION DAYS

SATURDAY 28 OCT 10AM - 6PM

SUNDAY 29 OCT 10AM - 3PM



Works from 2015 exhibition
Clockwise from top left:

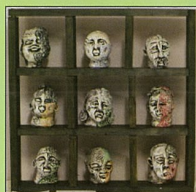
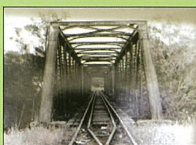
1. 'Elliot's Journey' by Tia Terry

2. 'Song' by Katka Adams

3. 'Perspective Rail' by Rose Storer

4. 'Head Space' by Caroline Ezzy

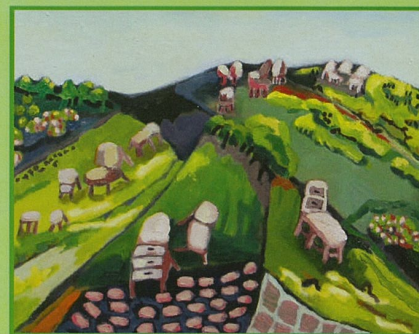
5. 'Stalking' by Charlie Llewellyn



Coraki Art Prize thanks all our sponsors and volunteers on whose generosity the show continues to depend.

THE 2017

CORAKI ART PRIZE ENTRY FORM



'Landmarks' - by Leora Sibony

OPENING NIGHT

SATURDAY 28 OCTOBER 6PM

CORAKI YOUTH HALL

77 BRIDGE STREET

FREE ADMISSION

BAR, POP UP EATERY AND LIVE MUSIC

PRESENTATION OF PRIZES 7PM

EXHIBITION DAYS

SATURDAY 28 OCT 10AM - 6PM

SUNDAY 29 OCT 10AM - 3PM

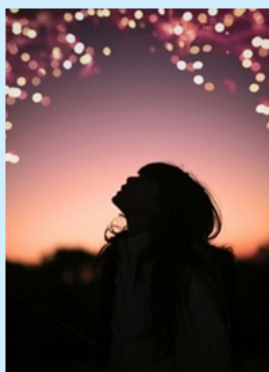
VENUE

**CORAKI CAMPBELL HEALTHONE
SURRY STREET**

Have a voice...turn ideas into action

Young Women's Leadership

Planning events for the
Lismore Women's Festival 2018



Workshop Dates

Wednesdays

4pm - 6.30pm

Oct 11 - **Leadership**

Oct 25 - **Ideas**

Nov 8 - **Actions**

Nov 22 - **Plans**

Dec 8 - **Celebrate**

Are you 16 to 24 years old?

Be part of community of women who make things possible

Contact - Kylie McKenzie

M 0498 023 690

Young Women's Leadership Initiative Lismore

YWCA NSW 101a Rous Rd, Goonellabah

Year 7 Vaccinations

Free vaccines, for all Year 7 students

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious vaccine preventable diseases.

Vaccines include:

1. **Human Papillomavirus (HPV)**
Vaccine (2 doses)
2. **Diphtheria-Tetanus-Pertussis (dTpa)**
Vaccine (1 dose)

**These vaccines are only provided
free whilst your child is in Year 7.**



What do you need to do?

- ✓ **Read Year 7 Vaccination Information Kit** which will be distributed by your school at the beginning of the school year
- ✓ **Complete & sign the Consent Form** (make sure you sign for each vaccine your child requires)
- ✓ **Return the signed Consent Form** to your child to return to school, as soon as possible
- ✓ **Discuss the importance of vaccinations** with your child
- ✓ **Ensure your child has breakfast** on the morning of vaccination

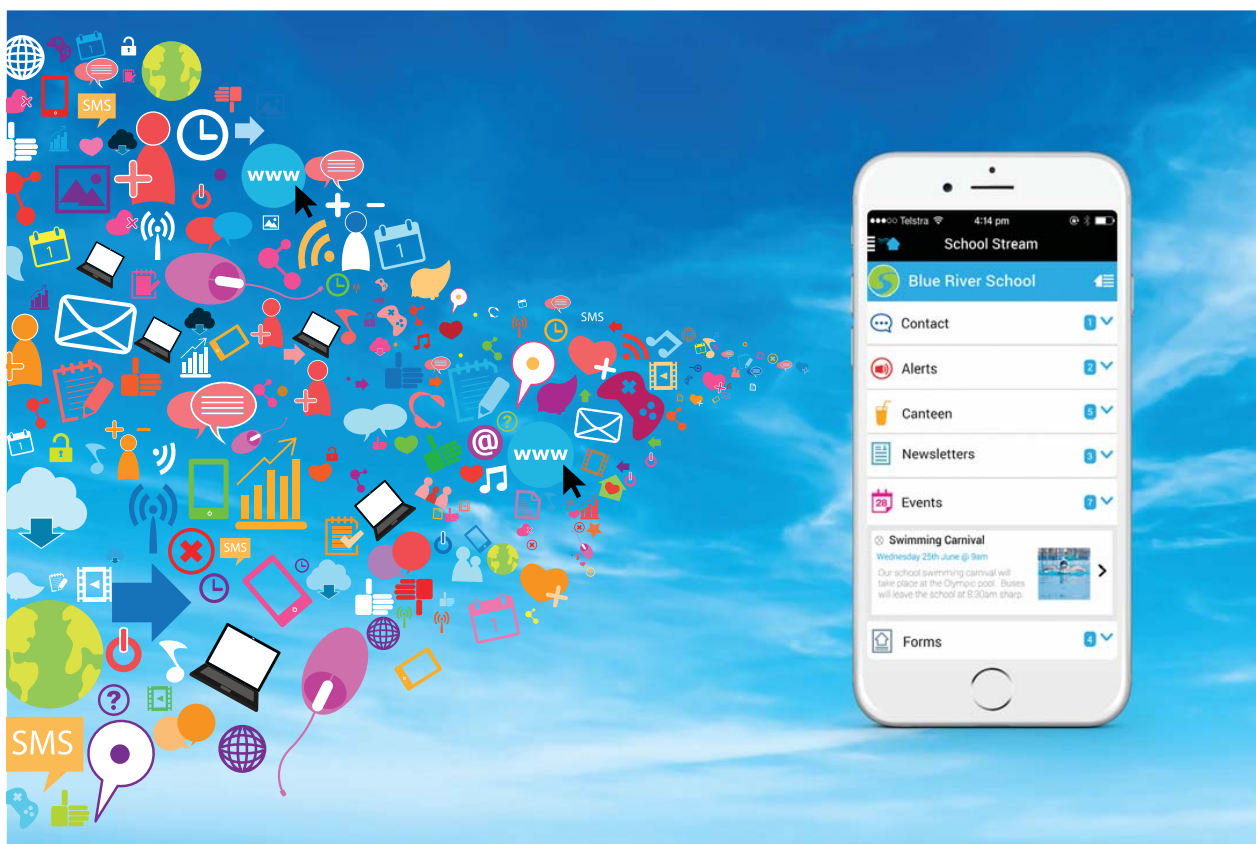
More questions?

Please contact North Coast Public Health Unit on 02 6620 7503 or visit

www.health.nsw.gov.au/immunisation for further information and translated copies of the Year 7 Vaccination Information Kit

Your school now has a **FREE** app

Receive school information, instantly and directly to your smartphone



How to download your FREE app

- 1 From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)** search for **School Stream** and download the app to your phone
- 2 Make sure you agree to **push notifications**
- 3 Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school

For more detailed instructions go to schoolstream.com.au/download