



NEWSLETTER

Friday 17 August Term 3 Week 4

TALENT ABOUND AT TWEED RIVER HIGH

A great night was had by all at our Performance and Exhibition Evening on Tuesday 7 August. A complete range of student talent was on show for parents, carers and community members to see first-hand just how gifted our students are. Turn to pages 4, 5 & 6 for further photos.



[Find out more about stymie](#)



UPCOMING EVENTS

Mon	Aug 20	Yr 12 Trial Exams all week ATP Primary School visits 6pm P&C Meeting
Tue	Aug 21	AIME Yr 9 & 10
Wed	Aug 22	2.30pm Homework & Tut Centre Broncos/AIME
Thu	Aug 23	1pm Nortec Links to Learning Yr 10 Connected
Fri	Aug 24	7.50am BBQ brekkie (Elevation) Yr 12 HSC Legal Studies Day Yr 9 & 10 Elective choices due - office
Mon	Aug 27	SRC Leadership Camp Links to Learning Music 4 Life Workshop
Tue	Aug 28	SRC Leadership Camp 8.30am STYMIE Presentation Years 7-10
Wed	Aug 29	ATSI Health Checks 2.30pm Homework & Tut Centre Broncos/AIME
Thu	Aug 30	T5 Critical Thinking Year 10 1pm Nortec Links to Learning Yr 10 Connected
Fri	Aug 31	SRC Nominations close: School Captains



PRINCIPAL'S QUALITY WORK AWARDS

**Year 11
Science - Mr Hayward**

Jazmine COOKE
Mia DION
Rachel HUDSON
Brooke STODDART

NEW WEBSITE FOR TWEED RIVER HIGH

We are excited to announce that Tweed River High School has a new Website in line with Department of Education standards. We are currently updating this Website with information that still needs to migrate over. We are hoping to complete this over the next few weeks. Our Website address is;

<https://tweedriver-h.schools.nsw.gov.au>

Our new Careers Website can be found at the following address;

<https://tweedriverhighcareers.com/>



UNIFORM SHOP

Open Every Tuesday & Thursday
8.00am—11am
(Located Next to the Canteen)
Coordinator - Lisa King

TRHS CANTEEN

Check out the daily menu on the canteen window for some great meal deals. Eftpos available. Open for
Breakfast Recess Lunch

P&C NEXT MEETING

Monday August 20th 2018 - 6.00pm
Please come along and be part of our P&C. Held in the staff common room.



SENIOR EXECUTIVE REPORT

Celebration of Achievements

This edition of our newsletter celebrates the achievements of our students across a range of academic, sporting and cultural pursuits, along with highlighting our ongoing commitment to developing strong, resilient young men and women through our wellbeing programs.

Several pages of this newsletter if dedicated to celebrating the success of our performance and exhibition evening, held last Tuesday. As you can see from the photos, the quality and variety of performances were outstanding and show the school's dedication to providing a wide range of opportunities for our students.

The audience were treated to a wide range of dance performances from Tweed River High School students, as well as students from our partner primary schools. Musical numbers kept the audience entertained throughout the evening, while our P&C and SRC students kept the audience well-nourished.

I'm sure that everyone in attendance would agree that the calibre of our student performances was exceptional and I would like to thank Mr Walker for his support of our musicians and Mrs Aungles and Ms Cupitt for preparing our dancers along with the many staff working behind the scenes to the evening possible; particularly Mrs Cunningham and Ms Kyle. We are dedicated to providing a wide range of opportunities for our students to perform and showcase their amazing talents.

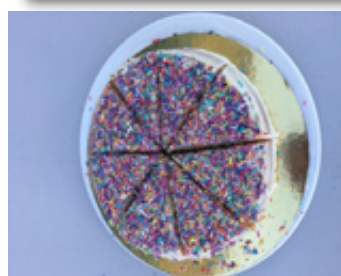
Year 12 Students

Our Year 12 students are currently undertaking their trial exams, finalising major works and submitting University applications. I urge parents of our Year 12 students to talk to your children about their future directions and urge them to make an early entry application to University if they have any thoughts of undertaking University study.

Ms Leisa Conroy, Principal

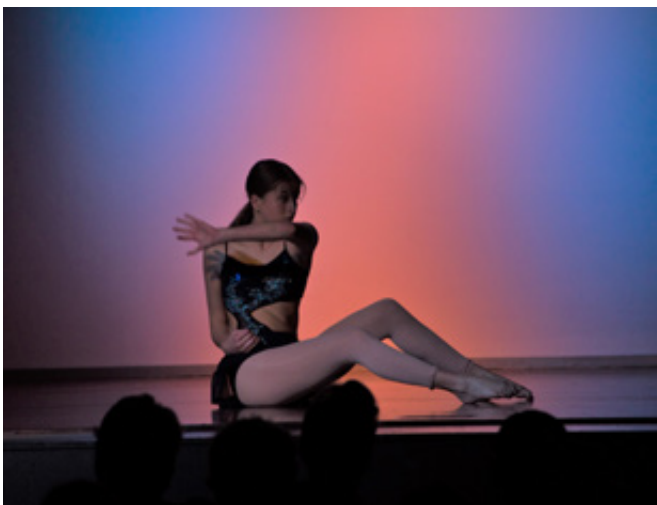
PARMA FOR A FARMER

At Tweed River High School, we show gratitude for what we have and empathy for those who are doing it tough. Ms Cowan, on behalf of the Wellbeing PLC held a fundraiser today known as "Parma for a Farmer" by organising a cake stall and the selling of Chicken Parmigiana burgers from the school canteen to raise money for Rural Aid. The money raised will go towards buying bales of hay for farmers to feed thier animals.





PERFORMANCE & EXHIBITION EVENING





PERFORMANCE & EXHIBITION EVENING





PERFORMANCE & EXHIBITION EVENING





JAPANESE DRUMMING TEAM VISIT TRHS



On Friday 10 August we had the special experience of watching the Taiko Drummers. "Being able to experience this special part of Japanese culture first hand is something we will never forget. As we sat and watched the performance, the feel of the vibration running through the ground and the new unique sounds we were hearing was delightful."

Jaydee, Year 7





LIBRARY NEWS

From the Library.....

In 2018, it is increasingly difficult to find students who enjoy reading; yet reading is fundamentally linked to learning. After all, we learn to read so that later we can read to learn. In other words, good literacy is the bedrock of lifelong learning.

At TRHS, we encourage students to read and borrow books once a fortnight during their library class (students also have time to read in English). The library purchases a wide range of reading material for boys and girls, of all ages and reading abilities. We would love families to also encourage their children to read for pleasure.



❖ PREMIER'S READING CHALLENGE 2018

The 2018 Premier's Reading Challenge closes to students on
31st August 2018 – 2 weeks to go!

Make sure to come to the library to list all books read before this date.

Class Reading Awards:

Class 8 EN3 English – Mrs Cunningham

- ✓ **Corey CORBETT**
- ✓ **Royce ELLIOTT**
- ✓ **Brodie-Star FORSYTH**
- ✓ **Angel McFADDEN**



10 MUST READ books for junior high students:

- *The diary of the wimpy kid* (series) by Jeff Kinney
 - *Skellig* by David Almond
 - *Wonder* by R.J Palacio
 - *Holes* by Louis Sachar
 - *Once* by Morris Gleitzman
- *The hunger games* by Suzanne Collins
- *The maze runner* by James Dashner
 - *Harry Potter* by J.K Rowling
- *The fault in our stars* by John Green
 - *Blueback* by Tim Winton

LIBRARY OPENING HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed until 8.30am	from 8am	from 8am	from 8am	from 8am
Recess	Recess	Recess	Recess	Recess
Lunch	Lunch	Lunch	Lunch	CLOSED Lunch

LIBRARY NEWS



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FUN IDEAS TO ENCOURAGE READING FOR PLEASURE

1. MAKE TIME TO READ ALOUD
Who doesn't love a story and a snuggle! Neuroscience research confirms connections between narrative reading in childhood, memory creation and life-long feelings of well-being. Reading the same book again and again creates neural pathways that link to positive emotions we can return to throughout life.

2. READ ALL THE THINGS!
Stories are a wonderful opening to different worlds, but that's not all there is - lots of children are drawn to non-fiction, and comics are awesome too! Recipe books, magazines and craft books offer a wealth of possibilities for developing literacy and life skills, all while having fun.

3. LET KIDS FIND WHAT THEY WANT TO READ
Research shows children are more engaged, learn more and make more effort when they choose reading materials for themselves. This is true even for very young children and when minimal choice is involved, such as selecting their preferred book from 2 options.

4. TRY PODCASTS & AUDIOBOOKS
Going on a family holiday? A family audiobook is the perfect solution to keep passengers happy and drivers alert during long car trips. On breaks or between trips, everyone will love talking about the story and predicting what will happen next!

5. DO READ AT THE DINNER TABLE!
Your grandparents may not approve, but as Katharine Hepburn said, "if you obey all the rules, you miss all the fun!" Designate one or two meals a week as 'reading meals', where reading at the table is encouraged. To make it extra special, you could plan the meal around a literary theme and get everyone involved in the food preparation.

6. MAKE IT SOCIAL
There are lots of ways to share a love of books and reading. Neighbourhood book club, book swap, literary charades, poetry open mic night (with popcorn and prizes), put on a 'play' retelling a favourite story. You are only limited by your imagination, which luckily is supercharged thanks to all the reading you've been doing.

Softlink
softlinkint.com

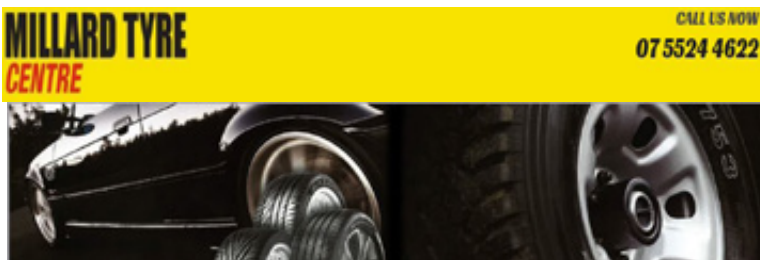
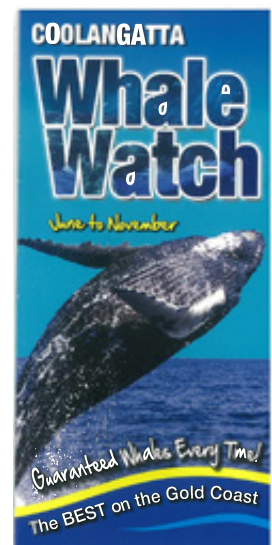
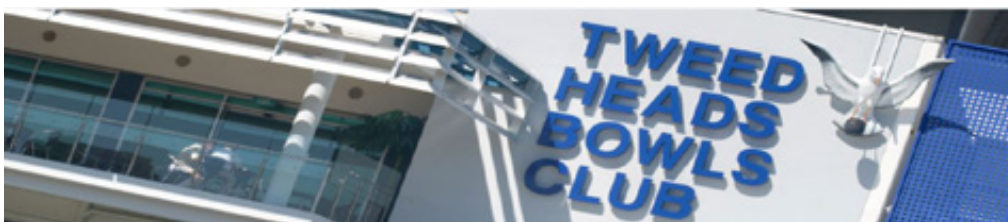
Adapted from *The Washington Post*, 28 August 2017: <http://wapo.st/2jwmrww>

The above image offers some strategies and ideas



THANK YOU TO OUR GENEROUS SPONSORS

A huge thank you to these local organisations who kindly donated prizes towards the Prize Draw at our Performance & Exhibition Evening on Tuesday 7 August from 5pm to 8pm.



French Eatery & Deli
buckwheat specialist
freshly baked goods galette & crepes
freshly brewed coffee

4/134 Minjungbal Dve, Sth Tweed Heads Ph: 0474 496 709



14 BAY ST | TWEED HEADS
A WELCOMING PLACE TO ENJOY GREAT FOOD AND COFFEE



RESILIENCE WORKSHOP

Captain of the Broncos Darius Boyd helps students strengthen their resilience.

Darius Boyd shows his support for the Beyond the Broncos and its students in schools by delivering a workshop based on drawing upon his own experiences as a teenager and his time as a professional Rugby League Player. Darius highlighted just how important it is for students to Identify and develop a support network that can help them through hard periods in their lives. Darius says that Gratitude is Key and today has given some good tips and strategies to better students mental health and resilience.

Darius has been nominated for the NRL Ken Stephen Medal Award for 2018 for his tireless Community work in the Mental Health Space. *Lisa McDade, Beyond the Broncos*





DEBATING COMPETITION

Jackson Riding and Holly Taylor recently competed in the Evatt Trophy UN Debating Competition. They acted as the Ivory Coast on issues of immigration and banning lethal autonomous weapons.



TRHS CLEAN UP AT DAIRY AUSTRALIA COMPETITION

Our Year 8 & 9 Agriculture classes performed extremely well in this year's Dairy Australia School Competition (Lismore Region). Students submitted three assignments on the Dairy Industry, with a focus on our cows Elmo and Pythagoras (Py).

Our Year 8 Agriculture students took out First AND Second prize for the region and our Year 9 received 'Best School Group' for their video production on Farm Safety.

This is an outstanding result, as we were competing against schools with more extensive Agricultural experience.

Year 8: 1st Prize : Lilly Chadburn, Shelby Aitken, Milly Delboux and Kate Butler (these girls received a \$50 iTunes voucher each).

2nd Prize: Tahlia Hatton, Layla McShane, Olivia Pollock and Sharn Starsmore.

Year 9: Nadia Holden, Jasmine Morgan, Jack Jennings-Andrews, Samara Blacker

Ms Abbi Andrews, Science/ Agriculture Teacher





SPORT REPORT

NORTH COAST ATHLETICS

Well done to the 16 students who represented the Far North Coast at the North Coast Athletics Carnival on Thursday the 9th of August in Coffs Harbour. We had students in a range of track and field events and one girls relay team competing. Congratulations to our 17 girls relay team consisting of Tarah Smith, Jasmin Mansfield-French, Jasmin Morrissey and Natasha Umstad who won their race and qualified for the state carnival. Congratulations also to the following students who made it through for individual events: Jasmin Mansfield-French (hurdles, high jump), Lachlan Stanford (discus), Kayla Harris (javelin), Benn Cousins (high jump), Jack Andrews (hurdles), Alana Hardy (100m, 200m). This is a great achievement to have nine students reach this level. The NSWCHS Championships are being held at Sydney Olympic Park at Homebush Bay from the 5th-7th of September.

MOUNTAIN BIKE AUSTRALIA SCHOOLS NATIONAL CHAMPIONSHIPS

A huge congratulations to Darcy Harris (Year 9) who competed at Nerang in the Mountain Bike Australia Schools National Championships from Friday the 3rd to Sunday the 5th of August. On the Friday he competed in the cross-country eliminator, an 800m sprint race where four people race head to head and the last two are eliminated. The field narrows down until the final four. He came third out of 120 after leading the race until the end. On Saturday, he competed in a cross-country Olympic format race; a four lap race of a 4km course. This was a mass start race where your position in the eliminator determined your grid position for the race, so he started at the front of the pack. He ended up sixth out of 120 riders. On Saturday, the observed trials took place, which is a test of your skills on the bike. The aim is to get around four obstacle courses putting your foot down as little as possible. He was the only person to get around all four courses without putting his foot down. On Sunday, the 'Team Enduro' took place, which was a tag team race over a 7km course. The aim is to get as many laps around the course with your team in four hours. He was in a slow team but was doing the second fastest individual lap times. Overall, Darcy performed extremely well, and he was competing against students much older than he was. We are very proud of his achievements.





SPORT REPORT CONT'D..

NSW TOUCH FOOTBALL 7/8 REGIONAL QUALIFIER

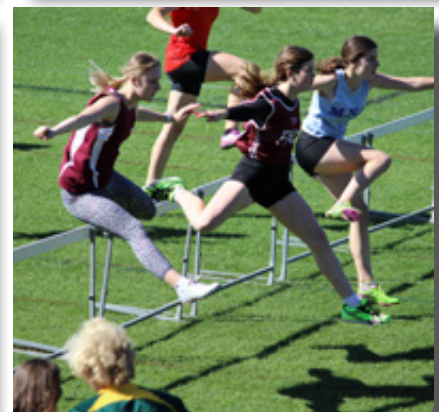
Coming up on the 6th of September is the 7/8 touch football regional qualifier at Saunders Oval in Ballina. Students who made the boys and girls teams are asked to please pay their money to the Front Office for this excursion and hand their note in to Mrs Goldstone (girls) and Mr Winter (boys) as soon as possible.

UQ SECONDARY SCHOOL SURF LEAGUE

On the 20th of September the UQ Secondary School Surf League will be held at Coolangatta Beach. Any students in U13, U15 or 16+ age categories who would like to partake in the following events, please see Mr Betts to put your name down; surf swim, board race, iron person, beach sprint and flags. You do not have to be a surf lifesaving club member unless you do a craft event.

Yours in Sport,

Mrs J Goldstone, External Sports Organiser 2018





Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





COMMUNITY NEWS

Griffith UNIVERSITY
Queensland, Australia

CRIMINOLOGY CAREERS EVENING

There's never been a better time to investigate your career options

Come along and listen to criminology alumni talk about their current job positions and how they got into the criminal justice field. You will hear about exciting careers in state and federal policing, anti-corruption bodies, the corporate world and beyond. You will also have the opportunity to speak with representatives from industry bodies who recruit our graduates.

Gold Coast campus 29 AUGUST 2018 6:00pm - 8:00pm Building G30 room 1.09	Mt Gravatt campus 30 AUGUST 2018 6:00pm - 8:00pm Building M23 Auditorium
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Register to attend at: bit.ly/CareersEvening2018

REGISTER HERE

CRICOS No. 00233E



COMMUNITY NEWS



New in 2019!

We're offering new degrees in intelligent digital technologies, creative industries, communication and journalism, clinical exercise physiology, and construction management. They are all designed to prepare our students for opportunities in a fast-changing world.

We've also developed new industry related **double degrees** giving students the option to combine science with commerce, data science or arts, commerce with psychological science or information technology, and environmental science with data science.

Kind regards
Griffith Student Recruitment team

Bachelor of Creative Industries

This degree, available at our Gold Coast campus in 2019, has been designed for students who have a head for business, a passion for creative arts and a flair for entrepreneurial thinking. This program will prepare you for a career as a highly skilled creative entrepreneur, arts facilitator, arts program manager, creative practitioner, community art consultant, festival producer or creative consultant. Majors in this degree include drama, creative writing, photo media and sound design.

» Find out more about this exciting new degree at griffith.edu.au/bachelor-creative-industries

Bachelor of Intelligent Digital Technologies

This new degree brings together technical and practical skills in the fields of intelligent digital technologies. You will learn the fundamentals of IT problem solving and high level programming skills for application in cutting-edge fields such as the internet-of-things, robotics, app and web development, big data analysis and virtual and augmented reality applications.

This degree is available at both our Gold Coast and Nathan campuses.

» Learn more about this degree griffith.edu.au/it

Bachelor of Clinical Exercise Physiology

This new degree available at our Gold Coast campus leads to being a dual qualification as an accredited Exercise Scientist and Exercise Physiologist (EP). EP's design and deliver effective exercise programs for people who have medical conditions, injuries and disabilities. This may include providing expert advice on lifestyle modification programs that focus on changing behaviours.

EP's have knowledge and skills that overlapping knowledge and skills with Physiotherapists, and they often work together with them in teams to provide effective patient care.

» Read more about this new degree online at griffith.edu.au/exercise-science-sport



COMMUNITY NEWS

Bachelor of Communication and Journalism

As the highest ranked university for Communications in Queensland*, Griffith is excited to launch a next generation communication degree.

Developed in close consultation with industry, this new degree responds to the demand for graduates who are ready for the opportunities of future media. It will equip students to take advantage of the evolving range of communication careers and opportunities in the digital age, across media, journalism, public relations and communication.

*2017 Uni Review.

» More information about this new degree can be found at griffith.edu.au/study/humanities-languages/journalism-communication-public-relations

Bachelor of Construction Management

Construction is one of the fastest growing industries in Australia and Asia-Pacific, and demand for construction professionals continue to expand globally.

Our new Bachelor of Construction Management program is unique due to its strong focus on IT applications and emerging technologies in the built environment. Our strong links with industry will allow students to learn from construction professionals and gain a practical understanding of the latest industry trends.

We are keeping up with the pace of change by making our programs more relevant, adaptable and flexible – enabling students and industry to benefit now and into the future.

» Read more about this new degree online at griffith.edu.au/construction

Mechanical engineering major

Griffith is introducing a new engineering major starting at Nathan campus in 2019. Built on a strong foundation of theory and reinforced by practical experience and innovation, the mechanical engineering major will equip students with a fundamental understanding of how things work, and enable them to apply this knowledge to design and develop next generation technologies.

» Read more about Griffith's mechanical engineering programs at griffith.edu.au/mechanical-engineering



COMMUNITY NEWS

CUDGEN S.L.S.C

WANT TO BE A CUDGEN NIPPER THIS SEASON?

1. REGISTER AND PAY ONLINE
RENEWING MEMBERS <http://portal.sls.com.au>
* NEW NIPPERS <http://sls.com.au/join>
* All new nippers must have a parent register with them

2. ATTEND POOL PROFICIENCY
Sunday 9th or 16th Sept | 9-12pm | Kingy pool

PLEASE BRING WITH YOU!
RENEWING MEMBERS: PROOF OF PAYMENT
NEW MEMBERS: PROOF OF PAYMENT, BIRTH CERTIFICATE + PARENT I.D.

** NO CASH OR EFTPOS **
will be available to pay registration fees this year

KIRRA SLSC NIPPERS

Is Your Child a Nipper, YET? JOIN NOW

For more information contact the club on
07 5599 3524 or
email: nippers@kirraslsc.com

SIGN ON DAY
2nd & 9th SEPT
9am - 11am
Oasis Pool
Banora Point



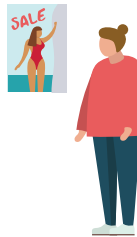
COMMUNITY NEWS

6 WAYS TO BE #BODYPOSITIVE



1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.



2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an 'ideal' body, think:
What goes into looking that way?
How many people do you see in everyday life that look like that?
Is it realistic or helpful to compare yourself to that standard?



3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.



4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.



5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.



6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.



COMMUNITY NEWS





Links:
Info to support young people

Encourage students to check out ReachOut's content by sharing it online however you communicate with them.

Students: Body image resources

[**CLICK HERE**](#)



Links:
Info to support parents

Encourage parents to learn how they can support their teenagers with body image and eating disorders.

Parents: About body image

[**CLICK HERE**](#)



Get help when needed:
Butterfly Foundation

Need help figuring out a situation with a student? Butterfly Foundation is Australia's national foundation for eating disorders, and they can help you, the student and their family.

Butterfly Foundation National Helpline

[**CLICK HERE**](#)

SOUTH TWEEDS HEADS

COLTS CRICKET CLUB



CRICKET SIGN ON FOR SEASON 2018, 2019

MASTER BLASTER, U11'S TO U17'S AND SENIORS

FOR MORE INFORMATION

SOUTHTWEEDCOLTSJUNIORS.QLD.CRICKET.COM.AU

FOR ANY ENQUIRIES 0498 620 534

 Find us on
Facebook
@ SOUTHTWEEDCOLTSCC



COMMUNITY NEWS

Multicap Tweed Heads Community Hub presents
LEARNING IN OCTOBER

MULTICAP[®]
HIGH NEEDS DISABILITY SUPPORT
all ways.always

\$5
per person
per day

For people with disability, their family and friends
Commencing Wednesday October 3, 2018
at the Multicap Tweed Heads Community Hub

Learning in October will feature Music Therapy, a professional program which uses music as a therapeutic tool to support the improvement of health, functioning and wellbeing.

Learning in October Program 2018			
Wednesday 3rd	Thursday 4th	Monday 8th	Tuesday 9th
10.30 am to 12.30 pm Music Therapy	10.30 am to 12.30 pm Skills development – shopping and preparing a meal (Part 2 - cooking)	10.30 am to 12.30 pm Music Therapy	10.30 am to 12.30 pm Skills development – shopping and preparing a meal (Part 2 - cooking)
Lunch 12.30 – 1.00 pm Provided – sandwiches, fruit, juice	Lunch 12.30 to 1.00 pm Eat what you cook!	Lunch 12.30 to 1.00 pm Provided – sandwiches, fruit, juice	Lunch 12.30 – 1.00 pm Eat what you cook!
1.00 pm to 3.00 pm Skills development – shopping and preparing a meal (Part 1 - shopping)	1.00 pm – 3.00 pm Introduction to Job Skills Options for work including work experience, assisted employment and open employment, preparing to look for a job, career options	1.00 pm to 3.00 pm Skills development – shopping and preparing a meal (Part 1 - shopping)	1.00 pm – 3.00 pm Introduction to Job Skills Options for work including work experience, assisted employment and open employment, preparing to look for a job, career options
Day end – 3.00 pm	Day end – 3.00 pm	Day end – 3.00 pm	Day end – 3.00 pm

Places are limited so book now and don't miss out!
Call 1300 135 886 or visit 1, 47 Greenway Drive, Tweed Heads South