



# NEWSLETTER

Friday 25 October Term 4 Week 2

## FRIENDSHIPS FORGED AT SRC CAMP!

It looks like we have a great team for next year's SRC according to our new leaders here at Tweed River High. Turn to page 7 to read the full report and photos from the SRC Camp.



## CONGRATULATIONS SHENYQUA



Turn to page 8 to read about Year 12, Shenyqua Hansen-Bailey's amazing Kokoda Challenge!

## AMELIA WINS ASA AWARD IN SYDNEY



Congratulations to Year 11 Amelia Watson who was presented with the Aboriginal Studies Association Preliminary Prize by Dave Lardner ASA AECG at Sydney University this week.



## SENIOR EXECUTIVE REPORT

### Welcome Back

Welcome back to Term 4. It was a pleasure to see so many students striving for and achieving excellence at the Year Assemblies that were held in Week 1. Thank you to Mrs Mackney, Mr Walker, and our Year Advisers for their organisation and all of the students who lead and performed at the assemblies. We certainly have a tremendous amount of talented students at Tweed River High School. Congratulations again to you all.

### SRC Camp

The SRC Camp was held this week at Hosanna Farm Stay. By all accounts, it was a success and a lot of valuable planning time, relationship building and fun occurred. Thank you to all SRC members for their contribution and thank you to Mrs Mainey, Mr Lennox and Mr Wood for organising and attending the camp and for working with this outstanding and committed group of leaders.

### HPV Team

This weekend will see our Human Powered Vehicle Team compete in the Queensland HPV Super Series Finale in Toowoomba. A lot of energy, hard work and commitment goes into this team from both staff and students. Thank you to Mr Arrowsmith, Mr Emsley and Ms Craigie for their organisation of the excursion and for giving up their time on the weekend to supervise and work with our amazing students. Good luck to the team!

### Year 12

Our Year 12 students are currently undertaking their H.S.C. Examinations. We wish our students well in their continuing examinations and hope that they are on their way to achieving their goals. We look forward to celebrating with you at the Year 12 Formal on November 13 at Q1.

### Year 11

Year 11 have now begun their H.S.C courses. An information evening was held this week where HSC Rules, and assessment policies and procedures were discussed. This is a very important year and it is imperative that students are at school and in their timetabled lessons every day. A catch up information session will be held on Monday for students that missed the evening session. Students and parents are reminded to participate in our wellbeing programs and communicate with our school counsellors, their year adviser, Mr Betts, our Head Teacher Welfare, Mrs Mackney or myself if students are beginning to be overwhelmed by their workload. Communicating early often leads to successful outcomes and solutions.

### International Teachers Day

On behalf of Ms Conroy, Mr Mackney and myself I would like to thank our very dedicated and talented staff on International Teachers Day. We are very lucky to have such a wonderful staff who go above and beyond for our kids each and every day. Thank you.

*Ms K Taylor, Deputy Principal*





# NewsLetter

25 October Term 4 Week 2

## UPCOMING EVENTS

Mon	28 Oct	<b>HSC EXAMS</b> 5:30pm Staff & Community Drug & Alcohol Presentation - TRHS Hall (see flyer on page 19)
Tues	29 Oct	<b>HSC EXAMS</b> YR8 VALID Testing TAFE YES Program NSWCHS U15 Netball Regional KO - Arkinstall Park 2.30 - 3.30pm Homework Centre
Weds	30 Oct	<b>HSC EXAMS</b> Deadly Choices workshops Police Intercept Program Sports Excellence Camp
Thurs	31 Oct	<b>HSC EXAMS</b> Sports Excellence Camp
Fri	1 Nov	<b>HSC EXAMS</b> GRIP Leadership Conference U15 Netball
Mon	4 Nov	<b>HSC EXAMS</b>
Tues	5 Nov	<b>HSC EXAMS</b> T5 Visual Arts Gallery Enrichment Day 2.30 - 3.00pm Homework Centre
Weds	6 Nov	<b>HSC EXAMS</b> Deadly Choices workshops YR8 VALID Catchup day Police Intercept Program
Thur	7 Nov	<b>HSC EXAMS</b>
Fri	8 Nov	<b>HSC EXAMS</b> FNC Beach Volleyball

### PRINCIPAL'S QUALITY WORK AWARDS

**2019**

**YEAR 9**

**CHILD STUDIES - Ms Cowan**

Shaelyn HOLLAND

**Treat people the way you  
want to be treated.  
Talk to people the way you  
want to be talked to.  
Respect is earned, not  
given.**



[Find out more about stymie](#)

### 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

6pm : Monday 18 November  
Staff Common Room

All Welcome :)



## TWEED RIVER HIGH SCHOOL

*Innovation, Opportunity and Success*

# 2019 HALL OF FAME

**Expressions of interest are called for nominations for the  
Tweed River High School's 'Hall of Fame'**

*The criteria for nominations are as follows:*

*The Candidate must:*

- 1. Be a past student of Tweed River High School.*
- 2. Have achieved in their chosen field and/or made an outstanding contribution to the wider community.*

*All previous nominations will be considered and are invited to update existing submissions.*

*Nomination forms are available from the Administration Office at Tweed River High School,  
9.00am to 3.00pm weekdays.*

*Closing date: Friday 1 November 2019*

*Ms L Conroy, Principal  
Enquiries: (07) 55243007  
[tweedriver-h.school@det.nsw.edu.au](mailto:tweedriver-h.school@det.nsw.edu.au)*



# NewsLetter

25 October Term 4 Week 2



## TWEED RIVER HIGH SCHOOL

4 Heffron Street (PO Box 6605)

Tweed Heads South NSW 2486

T 07 5524 3007

F 07 5524 9501

E [tweedriver-h.school@det.nsw.edu.au](mailto:tweedriver-h.school@det.nsw.edu.au)

ABN : 57259148522

## NOMINATION FOR ENTRY TO TWEED RIVER HIGH SCHOOL'S

# HALL OF FAME

### Criteria and Selection Process:

*I/We, the undersigned, wish to nominate the following person to be entered in the  
Tweed River High School Hall of Fame.*

NAME: ..... TELEPHONE: .....

CURRENT CONTACT ADDRESS: .....

FIELD OF ENDEAVOUR/EXPERTISE IN WHICH APPLICANT HAS ACHIEVED SUCCESS:

.....

.....

.....

.....

.....

NAME OF NOMINEE(S): .....

YEARS OF ENROLMENT AT T.R.H.S (eg.1980 - 84): .....

ADDRESS: .....

TELEPHONE NO: ..... DATE: .....

*Please forward to the Principal, Tweed River High School by **Friday 1 November 2019**.*

*Applications: Please see the attached sheet on how to apply.*



## TWEED RIVER HIGH SCHOOL

### HALL OF FAME INFORMATION

The 'Hall of Fame' is located in the front foyer of our school to recognise present or past students who have achieved a high level of success. The Hall of Fame displays a photo of the student and a citation of their achievements.

The Hall of Fame award is presented at our annual Presentation Day.

#### **CRITERIA FOR INCLUSION IN THE TWEED RIVER HIGH SCHOOL HALL OF FAME:**

- Must be a past student of Tweed River High School and had attended the school for at least 2 years.
- Has achieved great heights or even international fame in their chosen field of endeavour
- Made an outstanding contribution to the wider community

#### **HOW TO APPLY:**

- Complete the Nomination Form attached
- Attach a 2-4 page resume, of achievements since attending Tweed River High School
- (A 10" x 8" black and white photo of the applicant will be required if they are the successful candidate)

#### **PROCESS OF SELECTION:**

- The Principal receives all nominations and forwards them to the School's Promotion Committee
- The Promotion Committee considers all nominations and makes a recommendation to the Principal
- The successful applicant is notified and invited to attend the yearly Presentation Day
- The citation and framed photograph are prepared by the school to be placed in the 'Hall of Fame' Gallery

#### **PROMOTION OF THE HALL OF FAME OCCURS THROUGH:**

- |                  |                     |
|------------------|---------------------|
| * Staff Meetings | * School Newsletter |
| * Daily News     | * P & C Meetings    |
| * SRC Meetings   | * Website           |





## SRC CAMP

We had a great time... except when Ms Mainey led us up an abandoned railway in the dead of the night to a scary glow-worm tunnel. Ok, maybe it wasn't that bad – so she says anyway (team-bonding and character building she said! Ha!).

The senior SRC organised lots of (non-scary) team building activities and we had lots of fun solving problems, working together and forming friendships.

It looks like we have a great team for next year's SRC and we can't wait to show the students and staff of TRHS some of our fantastic ideas.

Thanks to Mr Lennox and Mr Wood for coming along – they were awesome!

SRC Executive - Rubin, Amelia, Holly and Adam







## WELL DONE SHENYQUA!

During the school holidays, Year 12 student Shenyqua Hansen-Bailey travelled to Papua New Guinea to hike the Kokoda Track as part of the Kokoda Challenge Youth Program.

The Kokoda Track delivered an authentic experience with lingering humidity, radiant heat, torrential rain, messy mud, steep inclines & slippery descents on narrow trails and traversing river and creek crossings that demand complete focus. She carried approximately 15kgs, wasn't being shot at and had a departure date developing a new appreciation for the Courage of our young diggers (whose average age was only 19) and the enormity of their Endurance and Sacrifice. Just as they couldn't have done it without the support of the Fuzzy Wuzzy angels, Shenyqua couldn't have done it without her porters many of whom were direct descendants. The depth of Mateship bonds formed throughout challenging moments was extraordinary. The ability to ride a bump with a grin and smile through adversity is a true gift.

If you're interested in taking this adventure on in 2020 follow the link to apply:

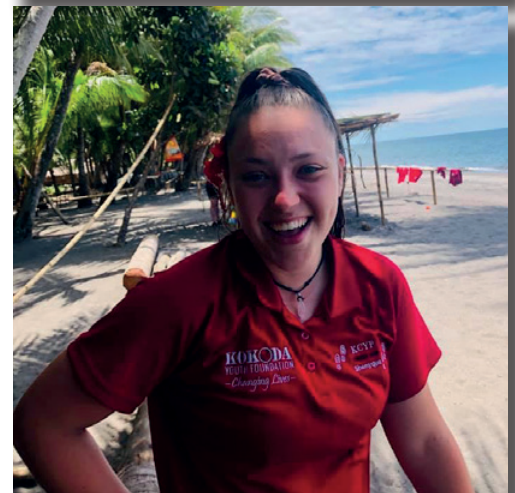
<https://www.kokodachallenge.com/youth-programs/kcyp>

OR

Email: [dann@kyf.org.au](mailto:dann@kyf.org.au) for more information

If you're not 100% convinced check this out:

<https://www.youtube.com/watch?v=5VcV5sX3qd4>







## Alcohol and Young People

Trends relating to young people and alcohol are improving. Specifically, there has been an increase in the age at which young people first try alcohol, from an average of 14.8 years in 1995 to 16.1 years in 2016<sup>1</sup>. Also, fewer people aged 12–17 are drinking alcohol and the proportion abstaining from alcohol increased significantly between 2013 and 2016 (from 72% to 82%).

However, whilst more young people aged between 12 to 17 years of age are abstaining from alcohol than in previous years, in 2016 almost four and a half million people in Australia aged 14 or older (22%) reported being a victim of an alcohol related incident.<sup>2</sup>

Current research suggests the brain is not fully developed until about 25 years of age. Binge drinking alcohol before this age can result in permanent brain damage<sup>3</sup>, affecting memory, learning, decision making and problem solving. For more information on the effect of alcohol on the developing brain, <http://darta.net.au/factsheets/>

Recognising the serious impact of alcohol on young people, NSW Office of Liquor and Gaming have changed the laws regarding supply of alcohol to young people. Under Section 117 of the New South Wales Liquor Act 2007 it is illegal to supply alcohol to people aged under 18 years in a private home unless it is supplied by:

- the child's parent or guardian, or
- an adult who has the approval of the child's parent or guardian.

A person convicted of secondary supply in NSW can be fined up to \$11 000 for each underage drinker involved.

### **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

## SPORT REPORT

It has been a quiet start for school sport in Term 4 for Tweed River High School. However, it has been a busy time for former Tweed River High School student Tarryn Aiken (2017 graduate).

Tarryn was a part of the Brisbane Broncos Women's NRL Premiership winning side and was also included in the Australian World Cup 9s Rugby League squad which played in Sydney last weekend. Well done to Tarryn on your outstanding achievements.

# Great things to come

## Seagulls' star Aiken shines in NRLW final

Michael Doyle

[mike.doyle@news.com.au](mailto:mike.doyle@news.com.au)

AT THE centre of the Brisbane Broncos second straight NRLW premiership, were a pair of Tweed Seagulls who have had a season to remember.

Seagulls coach Kelvin Wright guided the Broncos to the title in his first year in charge.

The 30-6 win over the Dragons put the icing on a successful year for the coach.

Wright was in charge of the Tweed Seagulls first season in the SEQ Women's Division One competition, which included a win over Burleigh.

Seagulls' playmaker Tarryn Aiken is another who has taken major steps in 2019.

Aiken came off the bench in Sunday's grand final, and was threatening out of dummy half.

Wright was full of praise for his Seagulls and Broncos player, believing 2019 was just a taste of things to come for the young playmaker.

"We saw early on she had a lot of talent during those first sessions at the Seagulls," he said.



LINE BREAK: Tarryn Aiken of the Broncos takes on the defence in the NRLW Grand Final between Brisbane and St George Illawarra.

Picture: Matt King/Getty Images

"She had a fantastic season for Tweed and she then changed positions when she came up here to the Broncos.

"She has come a long way."

Aiken's ability to adapt her style of play to different posi-

tions made her an exciting prospect for the Broncos this season.

"She has a great head on her shoulders for such a young woman," Wright told the *Tweed Daily News*.

"She is easy to coach and I think this is just the start of big things to come."

The Broncos were ruthless from start to finish in their 24-point win over the Dragons. Leading 10-0 at half time,

the Broncos did not let the break halt their momentum as they went on to cement themselves as the best team in the opening two years of the competition.

"It was a special feeling —

They are a bunch of fantastic women to work with and they stepped up on the big stage," Wright said.

"The most pleasing thing was the relentlessness of the performance."

## Upcoming Events

Sport Development Program Camp: Week 3 Wednesday to Friday.

U15 Netball NSWCHS Knockout Gala Day, Arkininstall Park Tuesday 29th of October.

Far North Coast Beach Volleyball, Coolangatta Beach Friday 8th of November.

Mr T Fugar

Sport Organiser

Heffron St, Tweed Heads South, NSW 2486

P: 07 5524 3007 F: 07 5524 9501 E: [tweedriver-h.school@det.nsw.edu.au](mailto:tweedriver-h.school@det.nsw.edu.au) W: [www.tweedriver-h.schools.nsw.edu.au](http://www.tweedriver-h.schools.nsw.edu.au)



## CONGRATULATIONS KIRA!

Huge congratulations to our Year 11 student Kira Bourke for her outstanding achievements in Lawn Bowls.



The Queensland under-18 bowls teams have cleaned up at the Australian junior championships.

Picture: BOWLS AUSTRALIA

# Maroons scoop all prizes at nationals

### ON THE GREENS

with Brett Wilkie



QUEENSLAND has completed a clean sweep of the Australian under-18 championships by securing all three overall crowns.

The Maroons pipped NSW in both the boys and girls overall standings and in the process, secured the Robert Middleton Overall Trophy for the best performed

state during the three-day championships in Bendigo.

Victorian-turned-Queenslander **Kira Bourke**, from the Tweed Heads club, ensured the Maroons were off to a flying start on the final day of play.

She clinched her third straight girls singles gold medal with victory over Victoria's Isabella Hosken.

Bourke then picked up another gold in the girls pairs with Caysee Wilson from Kavana, again defeating her old state of Victoria in the final.

Queensland claimed gold in the boys pairs with Longreach's Ty Jersberg and Bel-

mont Services Kane Nelson overcoming Victoria in the final.

Queensland's boys singles, triples and girls triples picked up silver while the girls fours won bronze.

Gold Coasters Chrissy Pavlov and Greg Bostock, in charge of each team as manager/coach, were full of praise for the Queenslanders on their performance and way the committed themselves.

■ **BROADBEACH'S** Division 1 Women's Pennant Champions have won their Zone play against Gateway District winners Mt Gravatt.

They now advance to the state finals at Tweed Heads in November along with the Tweed Heads men's team.

■ **KATELYN** Inch (Broadbeach) and Eric Johannes (formally of Paradise Point) will represent Queensland in the Australian Champion of Champion Singles finals this week. The pair will start their campaign tomorrow with finals on Friday in Perth, WA.

■ **BURLEIGH** Heads have secured a huge coup by luring Australian Jackaroo and multiple Commonwealth Games medalist Barrie Lester from

Melbourne to the club. Lester has accepted a contract at the club to be bowls co-ordinator and will start work on November 3.

Lester represented Australia in the Melbourne and Gold Coast Commonwealth Games and also at the last world championships in Christchurch in 2016.

He will contest the Multi Nations and trans-Tasman test events on the Gold Coast later in November.

Lester will also be available to represent Queensland in 2020, following in the footsteps of many Victorians who have made the journey north.



## LIBRARY NEWS

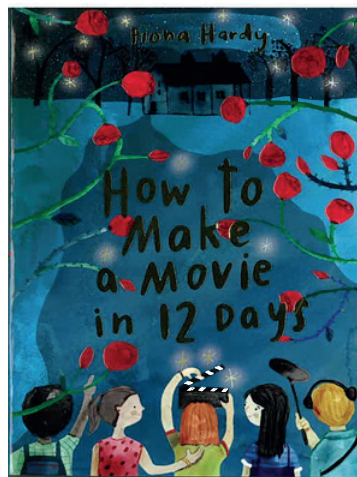
### PREMIER'S READING CHALLENGE AWARDS

On Monday 28 October, we will be holding the Premier's Reading Challenge Awards. Students receiving awards have been notified and we are pleased to announce that Mr Geoff Provest MP and Mrs Justine Elliott MP along with our Principal Ms Conroy, will be presenting the awards on the day.



Term 4 is already upon us and once again this year has gone so fast. It always reminds me to slow down and what better way to slow down than read a good story, in your own time, without pressure.

Graphic novels and Japanese manga in particular have been hugely popular this year. Our collection is getting bigger and we even stock a range of graphic novels such as *To kill a mocking bird* and *Romeo and Juliet*. If you want to try something different, have a look at some of our newest titles:



Finally, remember to be kind to yourself and the environment. Use less plastic, find alternatives in your daily lives (like buying a reusable drink bottle, using paper bags instead of zip-lock bags) and know that what you do makes a difference. You can be sure of that : )

Mrs Monniot-Kerr - Teacher Librarian





## 2019 PREMIER'S READING CHALLENGE SPONSORS



Dr John Hampson BV BIOL/BVSc  
Shop 1,2/2-14 Henry Lawson Drive  
TERRANORA NSW 2486  
07) 5590 4448



SOUTH TWEED HEADS



SOUTH TWEED HEADS



TWEED CITY



TWEED CITY



Tweed College of Martial Arts  
11/23 Enterprise Avenue  
Tweed Heads South  
07) 5513 1429



COOLANGATTA

### LIBRARY OPENING HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed until 8.30am	from 8am	from 8am	from 8am	from 8am
Recess	<b>Recess</b>	Recess	<b>Recess</b>	<b>CLOSED</b> Recess
Lunch	Lunch	Lunch	Lunch	Lunch



Education &  
Communities

## 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

**213 SQN - Now Recruiting**  
Parent/cadet information evening  
Tuesday 12 November 2019 at 6.00pm  
Elanora State High School  
Entrance of Nineteenth Ave, Elanora

**AUSTRALIAN AIR FORCE CADETS**

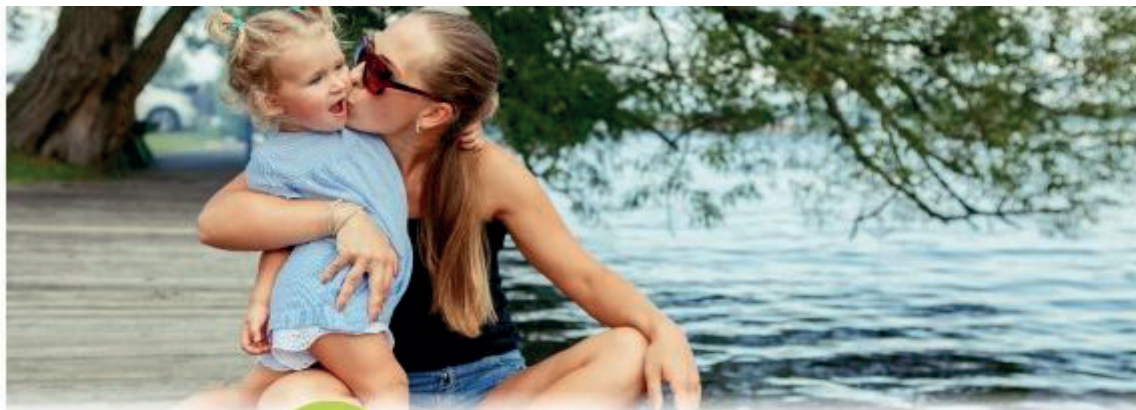
## AUSTRALIAN AIR FORCE CADETS

- **Ages 12 – 18** (must have started secondary school if 12 years old.)
- **Activities**
  - Powered Flying, Gliding, Musicians, Firearms Safety Training (.22), First Aid Courses, Adventure Training, Duke Of Edinburgh, Overseas exchange program, leadership training, service Knowledge, fieldcraft and survival training, defence base visits, camps on defence bases, weekly parades, weekend camps, community involvement (e.g. Anzac Day) and much more
- **Uniforms supplied**
  - Service Dress uniform and camp uniform
- **Join one of Australia's premier youth organisations**
- **Visit [www.aafc.gov.au](http://www.aafc.gov.au)**

**AUSTRALIAN AIR FORCE CADETS**



## COMMUNITY NEWS



the family centre

### TERM 4 COURSE PROGRAM 2019 TWEED SHIRE

#### Parenting Courses

##### 123 Magic & Emotion Coaching

Thursdays Nov 14—28, 10am–12.30pm

An evidence based parenting program for parents/carers with children aged from 2–12 years. The program is facilitated over 3 sessions & supports parents/carers to feel more confident to respond to their children's behaviours. Parents/carers are provided practical strategies to engage with their child in the process of identifying & managing their own emotions, encouraging positive behaviours & building emotional resilience.

**VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$15**

##### Sing & Grow

Mondays Oct 21—Nov 25, 10am–12pm

6 week music therapy program for children aged 0–6 years coordinated through our Early Years Network services. The program provides families with a safe space to interact to increase their confidence to use music and play at home and to learn new ways to support their child's development. Families will explore traditional and non-traditional children's songs, percussion instruments, drums, ribbons, balls and parachutes in a developmentally stimulating, fun and musical environment. 6 x 2hr sessions.

**VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST**

##### Parenting Seminar

Thursday Oct 24, 10am–12.30pm

A 2hr seminar providing an introduction to the parenting programs we offer. Based on decades of research for children aged 0–12 years. Parents will explore how to identify their children's emotional needs, respond to their behaviours & strengthen parent/child relationships.

**VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST**

##### Understanding Teenagers

Wednesdays Oct 23—Nov 27, 5.15pm–7.15pm

A course for the parents of teenagers (12–17 years). It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with teenagers can assist in supporting them safely through adolescence. Topics include the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points, behaviour and talking through challenging issues.

**VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30**





## COMMUNITY NEWS



### TERM 4 COURSE PROGRAM 2019 TWEED SHIRE

#### Parenting Courses

##### Bringing up Great Kids

**Tuesdays Nov 5—Dec 3, 10am–12pm**

Relationship and reflective practices are the heart of this program. Parents of children 0-12 years have the opportunity to identify the important messages they want to convey to their children and understand the messages that children communicate to their parents. Parents aim to discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be. 6 x 2hr sessions.

**VENUE: THE FAMILY CENTRE, AMBER RD.  
COST: \$30**

#### Family Centre Playgroups

**All playgroups 9.30am  
–11.30am**

**Mondays – Banora Point  
Tuesdays – Tweed Heads West  
Wednesdays – Tweed Heads South  
Thursdays – Murwillumbah**

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

**NO COST**

#### Relationship Courses

##### Creating Real Connections

**Saturday Oct 26, 9.30am–3.30pm**

1 day course explores stresses on healthy relating, roadblocks to communication, listening and managing emotions.

**VENUE: THE FAMILY CENTRE, AMBER ROAD. COST: \$15 (includes lunch)**

##### Anger & Emotional Intelligence

**Friday Nov 22, 9.30am–3.30pm**

1 day course for men and women. Content includes: identify what anger is and what it does, what triggers your anger and ways to make it work for you and your relationships.

**VENUE: THE FAMILY CENTRE, AMBER ROAD. COST: \$15 (includes lunch)**



## COMMUNITY NEWS



### Courses for Women

#### Self Esteem for Women

Thursday Oct 31 & Nov 14, 9.30am–3.30pm

A 2 day course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

**VENUE: THE FAMILY CENTRE, FRANCES ST.**

**COST: \$30 (includes lunch)**

**FOR FURTHER INFORMATION ABOUT ANY OF THE COURSES OFFERED, CONTACT THE FAMILY CENTRE AT: <https://thefamilycentre.org.au> or on 07) 5589 1800**



## COMMUNITY NEWS



### MON 18TH NOV 6:30PM



## DRUG & ALCOHOL PRESENTATION

### STAFF, PARENTS AND COMMUNITY...

#### **Teenagers, alcohol and other drugs 2019: What's happening, what's out there and how much influence do we really have?**

Using the most recent data available, Paul Dillon's session will examine the use of alcohol and other drugs by school-based young people. It will have a particular focus on the changes in patterns of alcohol use that have occurred in recent years, as well as any particular concerning trends around illicit drug use. There will be a close examination of the positive influence that parents can have on their child's drinking behaviour, as well as the barriers that they may face during adolescence. It aims to empower staff, parents and community members in supporting young people in this complex area.

**Community stalls will be on display inside the building**

**Complimentary Tea & Coffee**

**Teachers can claim 2 hours of Professional Development.**

Paul Dillon has been working in the area of drug education for more than 25 years. Through his own business, Drug and Alcohol Research and Training Australia (DARTA) he has been contracted by many agencies and organisations across the country to give regular updates on current drug trends within the community. He continues to work with many school communities across the country to ensure that they have access to good quality information and best practice drug education. In 2009 his best-selling book for parents was published titled 'Teenagers, Alcohol and Drugs' and has since been released internationally, being translated into a number of languages. With a broad knowledge of a range of content areas, Paul regularly provides media comment and is regarded as a key social commentator in Australia, appearing on a wide range of television programs including Sunrise, TODAY and The Project discussing topical issues. Paul also had a regular spot on a national radio program on Triple J for seven years where he dealt with current youth drug issues. Paul also has a blog where he discusses topical issues of the day, as well as addressing some of the questions and queries he is regularly asked by those attending his presentations.

### **TWEED RIVER HIGH SCHOOL**

**4 HEFFRON ST  
TWEED HEADS SOUTH,  
NSW 2486**

**RSVP**

[toni.cowan@det.nsw.edu.au](mailto:toni.cowan@det.nsw.edu.au)





## COMMUNITY NEWS

# Let's Celebrate!

Please join us in celebrating the success of our  
local schools in the 2019

## Film by the Tweed Film Festival

Presented to you by:

UKI Public School, Centaur Public School, Banora Point  
Public School, Kingscliff High School, Kingscliff Public School  
and Tweed Heads South Public School.

**When:** Wednesday 30<sup>th</sup> October 2019

**Where:** The Regent Theatre, Murwillumbah

**Time:** 6:30pm: Red Carpet 7:00pm: Film showing

**RSVP:** Wednesday 23<sup>rd</sup> October 2019 to Kelly Castles at  
[Kelly.castles1@det.nsw.edu.au](mailto:Kelly.castles1@det.nsw.edu.au)

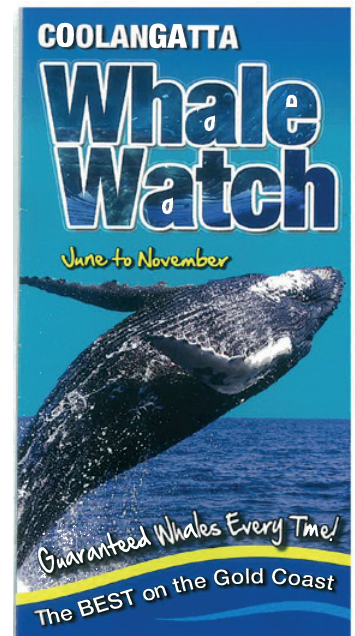
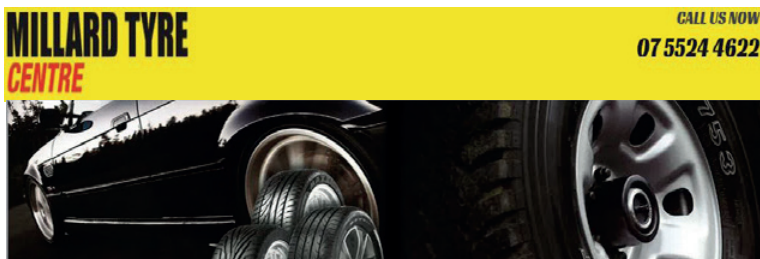


# NEWSLETTER

25 October Term 4 Week 2

## APPRECIATION TO OUR SPONSORS

Thank you to our generous sponsors who donated prizes towards our fundraising raffle held at the Performance & Exhibition Evening (ED-VU) during Education Week. Sponsorship is very much needed to support us in recognising student achievement, promoting self-esteem, celebrating achievement of student goals and implementing Welfare Programs.



South Tweed Heads