



# NEWSLETTER

Friday 10 May Term 2 Week 2

## STUDENTS SUPPORT ANZAC DAY



Thank you to the staff and students who participated in the Anzac Day ceremony on 25 April. Emily Bradford spoke about the significance of ANZAC day and a group of students ensured that our returned Service Men and Women were supplied with water throughout the ceremony. Turn to page 6 for details of more Anzac Day commemorations.



## TRANSITION DAYS A GREAT SUCCESS!

### STEM OLYMPIAD



Students from our partner Primary Schools attended a STEM Olympiad Day at Tweed River High School on Tuesday 9 April. Turn to page 8 for more information.

### PREMIERS SPORTING CHALLENGE



On Friday 5 April, we held our annual Premier's Sporting Challenge Year 5 Sport Taster Day. Turn to page 9 for further details.



## SENIOR EXECUTIVE REPORT

At our school, we pride ourselves on our wellbeing initiatives and the support we provide to students as groups and as individuals to support their wellbeing and positive mental health.

We have a team focussed on supporting our students to develop the strategies they require for life long wellbeing, led by our Head Teacher Welfare, Mrs Bronwyn Mackney, our Year advisors, Supervisor of Girls, Student Support Officer and School Counsellors.

We believe that positive wellbeing is the cornerstone of successful schooling and that, while we have a team leading key initiatives, that every teacher is a teacher of wellbeing.

We are committed to keeping up with the latest research based strategies to support our students and at the end of last term I had the opportunity to attend the National Positive Education in Schools Association (PESA) conference for three days.

PESA is an organisation bringing educators together to use the principles of positive psychology to improve wellbeing for children and young adults.

Positive Psychology has been described as “the study of the strengths and virtues that enable individuals, communities and organisations to thrive “(Gable & Haidt, 2005, Sheldon & King, 2001).

Dr Martin Seligman is commonly known as the founder of Positive Psychology. Dr Seligman is a leading authority in the fields of Positive Psychology, resilience, learned helplessness, depression, optimism and pessimism. He is also a recognized authority on interventions that prevent depression and build strengths and well-being.

Positive Psychology is a relatively new approach to psychology focussed on preventative interventions, rather than the traditional psychology approach of interventionist treatment of psychological conditions.

Latest figures from the Black dog institute tell us that one in five (20%) Australians aged 16-85 experience a mental illness in any year. The most common mental illnesses are depressive, anxiety and substance use disorder.

For this reason, the programs we operate in school to build resilience and support students to make connections with their peers and teachers are more vital than ever.

Dr Seligman's model of Positive Psychology is the PERMA model, which identifies five important building blocks of wellbeing and happiness.

- Positive emotions – feeling good
- Engagement – being completely absorbed in activities
- Relationships – being authentically connected to others
- Meaning – purposeful existence
- Achievement – a sense of accomplishment and success

Cont'd.../



## SENIOR EXECUTIVE REPORT Cont'd./

Our school values of safety, teamwork, opportunity, respect and excellence align strongly with the PERMA model and our school plan focus of a safe, orderly and collaborative environment provides a plan for continuous evaluation and refinement in this area.

However, the most effective positive wellbeing initiatives are a whole of community approach. A strong wellbeing program in the Upper Hunter valley, "Where there's a Will", brings together educational institutions, sporting clubs and other community groups who work together to run events and teach young people about their strengths and provide opportunities to engage with the building blocks of wellbeing.

In a talk at the PESA conference one of the organization founders, Mrs Pauline Carrigan, described their aim to be as successful in building wellbeing as the impact of the slip, slop, slap campaign from the 80s, which is regarded as one of the most successful community health campaigns in Australian history.

This campaign was successful because the whole community supported it and it has become part of our everyday practice. Parents make their children put on sunscreen, wear a hat and a shirt or rashi. School teachers reinforce the message, as do sports coaches. Consequently, it becomes a normal part of life; something our children do naturally.

"Where there's a Will" aims to have the whole community support the messages and actions that build improved happiness and wellbeing in our young people.

Please take a few moments to click on the links below to learn a little bit more about positive psychology. These YouTube clips give an overview of the science; one by Dr Martin Seligman and the other a much shorter lay person's overview. In future newsletters I will attach links to clips which focus more closely on Positive Education and the impact that Positive Psychology can have on our young people.

Together we can improve the wellbeing of our young people.

*Leisa Conroy, Principal*

1. A 25 minute overview of Positive Psychology from Dr Martin Seligman with a range of examples from clinical studies.

[https://www.youtube.com/watch?v=iK6K\\_N2qe9Y&t=16s](https://www.youtube.com/watch?v=iK6K_N2qe9Y&t=16s)

2. A lay persons explanation of PERMA in 6 minutes.

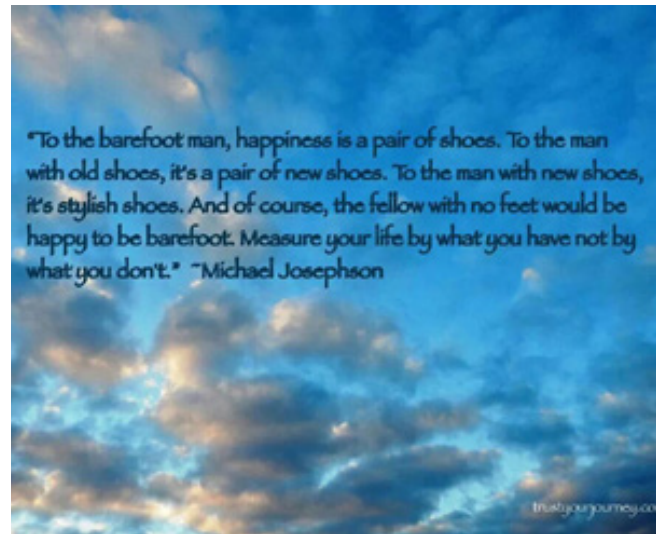
<https://www.youtube.com/watch?v=OhcD2y2m-sw>





## UPCOMING EVENTS

Mon	13 May	Year 12 VET Workplacement all week SRC Planning afternoon
Tues	14 May	NAPLAN on line testing commences to Fri 24 May Year 9 Real Skills
Weds	15 May	2.30pm Homework Centre - Library
Thurs	16 May	LIL Reading Program
Fri	17 May	FNC Surfing Beyond the Broncos Financial Literacy Workshop - Banora Point High School
Mon	20 May	6pm P&C Meeting NC Opens Touch football
Tues	21 May	TLC Talented Scientists Day CHS Rugby Union - 23/5 - Warriewood
Weds	22 May	2.30pm Homework Centre - Library
Thurs	23 May	Business Studies Finance Day - Seagulls Club 8.30am Speak Easy - TRHS Hall LIL Reading Program Yr11 AB Studies Excursion to Fingal Bay
Fri	24 May	Year 12 Reports Issued



## PRINCIPAL'S QUALITY WORK AWARDS

**Term 1, 2019**

**Week 11**

**Year 11**

**Principal's Office - Ms Conroy**

Courtney COLLISON; Adam LEWIS;

**Year 12**

**Principal's Office - Ms Conroy**

Kara PEASE

**Term 2, 2019**

**Week 2**

**Year 9**

**HSIE - Mrs Sinclair**

Shelby AITKEN; Emily BRADFORD;  
Johnathan CROCKETT; Shay DOWLING;  
Rykah ROSS; Billie SMITH



@tweedriverhigh



[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 20 May  
Staff Common Room  
All Welcome :)



## WELL DONE JAZMINE!



A Tweed Shire Council publication (02) 6670 2400 or 1 300 292 872 | Issue 1102 | 7 May 2019 | ISSN 1327-8630



Fitter Welder Jake Farrell is one of a number of Council employees flying the yellow ribbons in support of road safety.

### Staff pledge to drive so others survive

Council staff are taking a pledge on buses this week to drive so others survive.

It's National Road Safety Week (8-12 May) and you'll see Council vehicles out and about all week, flying a yellow ribbon to remind everyone to be mindful of road safety and to drive as if your own family is on the road ahead.

If you see one of our vehicles displaying a ribbon you know that the driver has taken the pledge to avoid putting people at risk by speeding, driving while tired or while using a mobile phone.

Every year, more than 1,200 people are killed and another 35,000 seriously injured on Australian roads. Traffic injury is the biggest killer of Australian children under 15 and the second-biggest killer of all Australians aged between 15 and 24.

Take the pledge yourself at [www.raosafetweek.nsw.gov.au](http://www.raosafetweek.nsw.gov.au). National Road Safety Week is an annual initiative from the Safer Australian Roads and Highways (SARAH) Group, partnering road safety organisations and Government. The week highlights the impact of road trauma and ways to reduce it.

40-year-old Kate... subject disability...

### In brief ...

#### Churches come together for Mother's Day Memorial Service

A special Mother's Day Memorial Service will be held at Tweed Valley Cemetery in Ewings on Friday 10 May at 11am.

All are welcome to attend this poignant memorial service by the Murwillumbah Churches, Together and Tweed Valley Cemeteries. Light refreshments will be provided. For further information, phone (02) 6670 2405 or visit [www.tweed.nsw.gov.au/Cemeteries](http://www.tweed.nsw.gov.au/Cemeteries)

#### A new voice for young people

Tweed Shire Youth Council member Jazmine Cook will take the voice of Tweed young people to NSW Parliament, following her successful nomination to the YMCA NSW Youth Parliament Program.

Jazmine, who attends Tweed River High School, will now have the opportunity to create bills with her peers, then head to NSW Parliament House to debate these bills in front of real MPs.

It's been a busy and successful period for Jazmine, who recently shared the Academic and Leadership Award at the BASE Youth Leadership Awards with Lindisfarne Anglican Grammar School's Chloe Green. For more information on the Youth Council, visit [www.tweed.nsw.gov.au/YoungPeople](http://www.tweed.nsw.gov.au/YoungPeople)



Jazmine Cook being recognised at the BASE Youth Leadership Awards.

### Article reads:

Tweed Shire Youth Council member Jazmine Cooke will take the voice of Tweed young people to NSW Parliament, following her successful nomination to the YMCA NSW Youth Parliament Program.

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[www.tweed.nsw.gov.au/YoungPeople](http://www.tweed.nsw.gov.au/YoungPeople)





## ANZAC DAY CELEBRATIONS

Students and staff took part in an ANZAC Day Assembly on Wednesday 1 May.

Rykah Ross and Billie Smith were the Masters of Ceremonies. Johnathan Crockett presented Acknowledgement to Country. Shay Dowling, Phoebe Davison and Shelby Aitken - presented speeches and poetry.

Ms Conroy gave a moving talk about the memoirs of Denis Davis, a returned Rat of Tobruk and Emily Bradford presented the speech that she gave at the ANZAC Day ceremony on April 25. Thank you to the staff and students who contributed to this commemorative occasion.





## YEAR 7 CREATE JAPANESE FOLK STORY

7M have been working on improving skills in inference. Over the last couple of weeks we have been working on Japanese Folk Stories and doing 'Think Aloud' so we can think about what we have read and predict what is going to happen. To finish this unit, 7M have created their own Japanese Folk Story. They brainstormed ideas for the story and then wrote sections as a whole class. They were then asked to write the next two sentences, which was read out around the room and one was chosen to go on with the story. As a group they needed to think about what style a Japanese Folk Story is written in and then do some prediction work to allow the story to flow. Below is the story that 7M wrote.

*Ms Sinclair, HSIE*



### Mysterious Mountain

Long long ago on the top of a mountain called Mt Mysterious there was a farm house. In this farm house lived a man, a woman and 2 children.

One day the man went out to tend the crops and he saw a gruffalo with a boy on his back. The gruffalo told the man this boy was lost and asked him and his family to look after him.

The boy was happy to be with the family and when they went back to the house he told them what had happened to him.

He said he was following a bird he saw that interested him and as he was walking down the mountain he was snatched up by a strange thing. He got taken into a cave and realised it was a wizard.

While in the cave a potion fell on his head and then the gruffalo told him to get on his back and he would take him to safety.

One day the lonely boy was out helping the man with his crops when he started to get taller. He climbed a tree to see how the crops were growing on the next field. Just then a branch broke and he realised he could fly.

Days later the wizard came and was angry that the boy had got away and cast a spell to make the ground shake so that the family's house started falling apart. The lonely boy wanted to help the family so he picked them up and flew them to a safe place.

He took them to a village at the bottom of the mountain. He then flew back to the top of the mountain to face the wizard. He asked the wizard to stop and he didn't so he used his strength to hold him until he stopped.

The lonely boy offered the wizard his powers back if the wizard left the mountain and never come back. The wizard agreed and left the mountain.

The lonely boy walked back down the mountain to see the family.

The village was so pleased to see him and know that the wizard was gone they celebrated with the boys favourite food.

During the party the lonely boy saw the gruffalo approaching and was pleased to see his mother and father on his back. His mother jumped off the gruffalo's back and ran to the boy calling "Hamato we thought we would never see you again".

Everyone lived together in the village and were safe and happy for the rest of their lives. The lonely boy now had 2 families to care for him.





## STEM OLYMPIAD

The 2019 Tweed Learning Community STEM Olympiad was held at Tweed River High School with 36 students representing their Primary School competing for title of this year's champions. Students were involved in three major sections.

For the first challenge, students had to destroy an evil castle they had been building at their school with catapults. The second challenge was a knowledge challenge on maths, science and technology. The third and final challenge was the bottle rocket challenge, where students designed bottle rockets to fly across the football field. It was a close shave, but the winning team was Tweed Heads Primary School. I would like to thank Mr Kerr for his assistance in creating the new challenge of bottle rocket making.

*Mr. Topper, Head Teacher Maths*







## PREMIERS SPORTING CHALLENGE

Premiers Sporting Challenge Sport Leaders, Peer Support Leaders and TRHS staff ran the PSC Year 5 Sports Taster Day on Friday 5 April for our Tweed Learning Community. Prospective year 5 students had the opportunity to learn about the sporting programs TRHS has to offer and participate in a range of sports throughout the day. This is an important day in our transition program. *Ms Cowan, Relieving Head Teacher PDHPE.*





## From the Library.....



### PREMIER'S READING CHALLENGE 2019

Premier's Reading Challenge for 2019 finishes on 30th August this year; make sure all the books you read are listed on your reading log sheet (held in the Library).

### **STRIVE FOR PROGRESS – NOT PERFECTION**

We thank our sponsors for their generous support throughout the year.



### *Premier's Reading Challenge Awards for Week 2 Term 2*

#### *Year 7*

<i>Georgia BARR</i>	<i>Izabelle COOKE</i>
<i>Jaya ALLISON-BUBB</i>	<i>Annabelle SHAW</i>
<i>Ella CLARKE</i>	<i>Tristan THORNE</i>





**Read Aloud 15 MINUTES**  
Every child. Every parent. Every day.

**DOES READING ALOUD REALLY MATTER?** YES!

More than one in three children arrive at kindergarten without the skills necessary for lifetime learning.

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning.

**LANGUAGE DEVELOPMENT**  
The number of words that a child knows on entering kindergarten is a key predictor of his or her future success.

**LITERACY SKILL BUILDING**  
Vocabulary, Phonics, Familiarity with the printed word, Storytelling, Comprehension, Reading aloud builds literacy skills.

**WHY READ ALOUD?**

**INSTILL A LOVE OF READING**  
Your example demonstrates that reading is important, pleasurable and valued.

**BRAIN DEVELOPMENT**  
From birth to age 3 are critical years in the development of language skills.

**KNOWLEDGE GAINED & SHARED**  
Books are a pleasure, yes, and they are also informative. You and your child can learn something new as you read aloud.

**BONDING**  
Is anything better than sharing a good book?

**DON'T GOOD PARENTS ALREADY READ ALOUD DAILY?** NO

Only 48% of young children in this country are read to each day.

More than 15% of young children, 3.1 million, are read to by family members fewer than three times a week.

Reading 15 minutes every day for 5 years: 27,375 MINUTES

456.25 HOURS

**IS 15 MINUTES ENOUGH TO MAKE A DIFFERENCE?** YES!

Tell a friend at [www.ReadAloud.org](http://www.ReadAloud.org)





c 1961

**School crest depicting the school colours of the time**

**Do you remember this school song?**

**\*\* Tweed River High School 60<sup>th</sup> Anniversary is in 2021 \*\***

**Do you have any recollections of the early years of Tweed River High School?**

**We would love to hear your stories!**

Tweed River High School

P.O. Box 6605

TWEED HEADS SOUTH 2486

OR

Email to:-

[Tweedriver-h.schools.nsw.edu.au](mailto:Tweedriver-h.schools.nsw.edu.au)

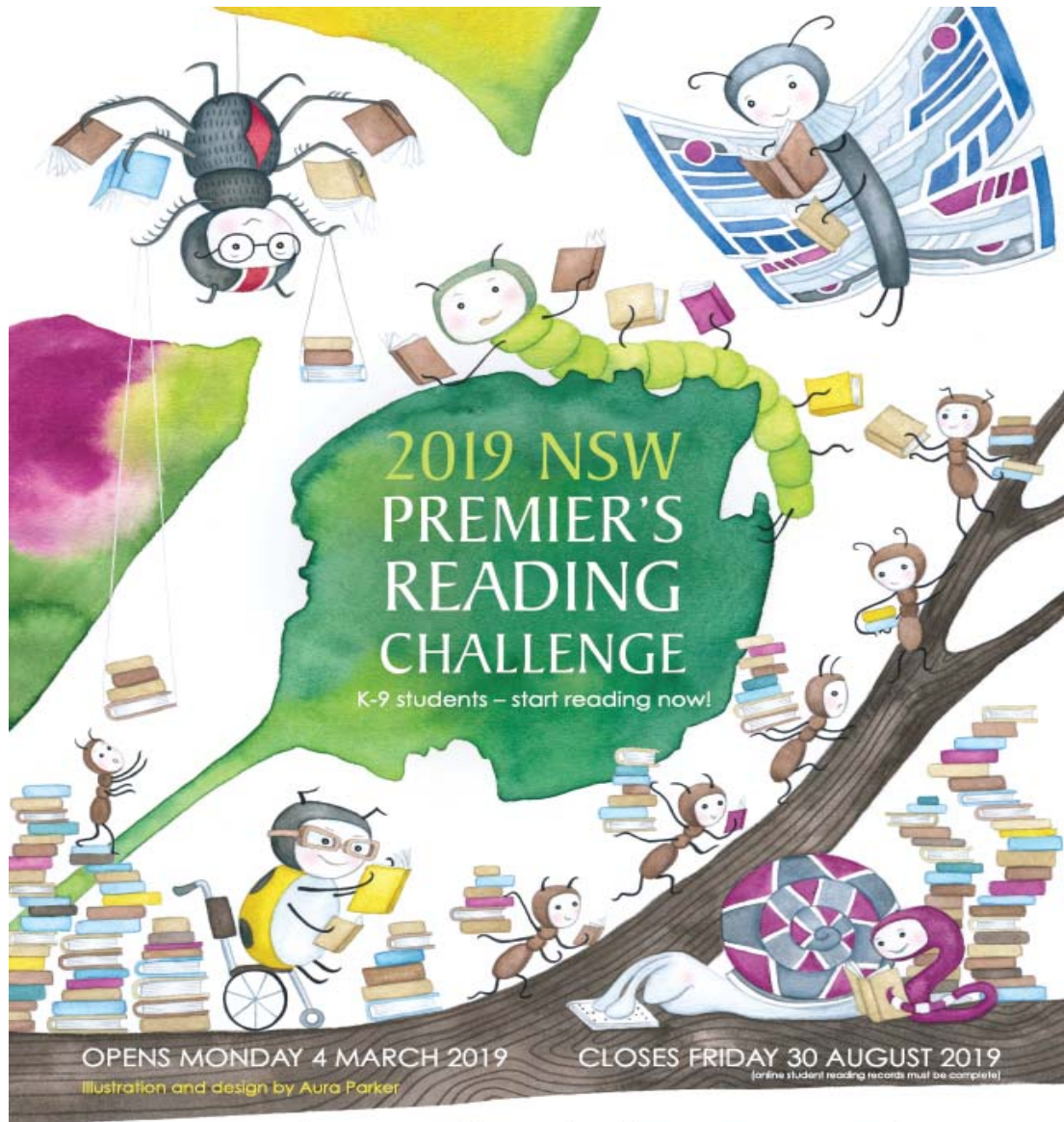
Attention: Library – Archive information





# NEWSLETTER

10 May 2019 Term 2 Week 2



OPENS MONDAY 4 MARCH 2019

CLOSES FRIDAY 30 AUGUST 2019

(online student reading records must be complete)

Illustration and design by Aura Parker

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)



Media Partner



Supporting Partner



Mrs Monniot-Kerr (Teacher-Librarian)



## SPORT REPORT

### Opens University Shield Rugby League

Well done to the opens rugby league team who beat Banora Point HS 44-10 in their first round of the state knockout and will now play in the North Coast Finals Series in Coffs Harbour on the 31st of May. Thank you to Mr Fugar for his help with coaching and organising the team.

### Years 7/8/9 Jack Newton Golf Shield and North Coast Golf Trials

Good luck to Sam and Ben Adams who will be competing at the North Coast Golf Trials in Yamba on the 20th of May. Wishing you both all the best.

### Far North Coast Open Touch Football Knockout and Trials

Congratulations to our Open Boys and Girls Touch Football teams who both won through the knockout competition on the 9th of April to become far North Coast champions again this year. The boys beat Banora Point HS 7-2 and Ballina Coast HS 7-2. The girls team beat Kingsciff HS 12-2, Banora Point HS 9-2 and Ballina Coast HS 5-3. We had 8 girls selected in the FNC side this year: Kayla Harris, Rieley Moloney, Tyra Togo, Maggie Attenborough-Doyle, Natasha Umstad, Tamika Perandis, Jasmin Morrissey and Charlize Appo. We also had 7 boys selected, who were Joshua Wilmott, Lachlan Hallard, Lochlan Wolfe, Mason Moloney, Luke Henderson, Jai Wolfe and Jonah Whitlam-Rose. Well done to all of these students. Thank you to Heidi Moloney for running the canteen for us on the day.

### Far North Coast Surfing

Good luck to Jarrah Gibbs, Joseph Brady and Lachlan French who will be competing at the FNC Surfing Competition on the 17th of May. They will compete at Lennox Head. Wishing the boys all the best!

### Opens Boys & Girls Touch Football

Congratulations to our Open Boys and Girls Touch Football teams who are both Far North Coast Knockout Champions after undefeated rounds on Tuesday 9 April. Both teams will now progress through the State Knockout competition. We also had 8 girls and 7 boys selected in the FNC teams. Well done

Yours in Sport, Mrs J Goldstone

External Sports Organiser 2019



Opens Boys & Girls Touch Football





## Opens Boys & Girls Touch Football





## NAPLAN Online – information for parents and carers



2019

### Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

### What is assessed?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

In 2019 most students across Australia will sit NAPLAN online.

Feedback in the first year of NAPLAN Online showed that students engaged well with online assessments. One of the main benefits of NAPLAN Online is tailored (or adaptive) testing, where the test automatically adapts to a student's test performance. The test presents questions of higher or lower complexity, depending on a student's performance.

Tailored (or adaptive) testing is designed to assess a wider range of student abilities and to measure student achievement more precisely. Your child should not be concerned if they find questions more challenging than usual; they may be taking a more complex test pathway. A student's overall NAPLAN score is based on the number and complexity of questions they answer correctly.

NAPLAN Online is not a test of keyboard skills. There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will complete the writing test on paper.

To get an idea of what the online assessment looks like, visit the public demonstration site at [nap.edu.au](http://nap.edu.au)

### How can I help my child prepare?

Help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. Ensuring students are familiar with using devices, typing on them and navigating through programs are a part of student learning and a requirement of the Australian Curriculum from the first year at school.

ACARA does not recommend excessive preparation for NAPLAN or the use of coaching providers. NAPLAN is about assessing learning progress in literacy and numeracy.

### Will my child sit NAPLAN on paper or online?

In 2019, your child will sit the NAPLAN online tests. However, children in some other schools across Australia will sit the NAPLAN paper tests this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.

As students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper, results for both formats can be reported on the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit [nap.edu.au](http://nap.edu.au)



## Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with disability that severely limits their capacity to participate in the assessment, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on NAPLAN Online disability adjustments or the process required to gain a formal exemption.

## NAPLAN Online 2019 timetable

The assessment window for NAPLAN Online is extended from three days provided for the paper test to nine days. This is to give schools more flexibility in scheduling and accommodate schools that may have fewer devices. The NAPLAN Online assessment window starts on Tuesday 14 May and finishes on Friday 24 May 2019.

The online tests must be taken in the following order:

Test	Duration	Order	Details
Writing	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.	To be completed in the first two days	Year 3 students do a paper-based writing test on day one only
Reading	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the writing test	Students read a range of informative, imaginative and persuasive texts
Conventions of language	Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min.	To be completed after the reading test	This test includes spelling, grammar and punctuation
Numeracy	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the conventions of language test	This test includes number and algebra; measurement and geometry; and statistics and probability

## What if my child is absent from school on assessment days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule. Individual students are not permitted to sit NAPLAN online tests after Friday 24 May 2019.

## How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

## How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra support.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at [myschool.edu.au](http://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](http://nap.edu.au/TAA)
- visit [nap.edu.au](http://nap.edu.au)

For information about how personal information for NAPLAN is handled by ACARA, visit [nap.edu.au/naplanprivacy](http://nap.edu.au/naplanprivacy)





## COMMUNITY NEWS



**R A W  
+  
R I C E**

**EVERY  
BOWL  
HAS A  
STORY**



### **THE COMMUNITY MINDED APPROACH**

At Raw • Rice we believe in forward thinking- we aim to build a culture around sustainability. Serving both nourishing & sustainable food gives us an incredible source of pride, and while we are humble in our thought that there is always so much more to learn, we feel educating through our food is integral to the culture shift towards saving our planet - beginning with our own community.

### **REDEFINING SUSTAINABLE & HEALTHY TAKE AWAY OPTIONS**

Every bowl we serve is a nod of gratitude to our abundant surrounds, and we plan to continue navigating our integral role in keeping our earth and oceans that way. By being intentional when choosing locally sourced ingredients to lower our carbon footprint, having our fish ethically caught, we hope to create a more mindful perspective.

### **BECOMING A PART OF THE STORY**

When our customers choose our poké bowls as a meal option, they know that they are making minimal impact on their local environment and assisting us on our mission. This is where you come into the story. Every individual that is involved in our company and story comes from different backgrounds. With this being said, we share one common view - we are playing our individual parts in educating our communities and creating a culture shift to sustainability in thinking and action for ourselves and generations to come.

If our mission is aligned with yours, if you want to assist us on this journey, we are expanding and looking for new team members to join our team.

### **HOW TO APPLY**

If you're a student Year 9 to 12 and would like to join us after school or on weekends and you -

- Enjoy talking to people,
- Are organised and reliable,
- Are enthusiastic and highly motivated - Then send your resume to [apply@pulsepeople.com.au](mailto:apply@pulsepeople.com.au) and tell us WHY you want to be a part of our team

### **SOCIALS**





## COMMUNITY NEWS



### PROGRAM INFORMATION

Tweed Heads PCYC will be running "Fit For Life" exercise program for youth.

This is a youth-focused program across all PCYC NSW Clubs, for ages 10-17, training with Police and Community.

The program is based around the PCYC star values – **commitment, resilience, integrity, citizenship and respect**, which are taught through core messages and reinforced through sporting activity.

A reward system is set up to encourage participants to excel and improve their fitness levels, attitude, and communication, linked directly to the PCYC star values. The rewards are given in "Fit 4 Life dollars" and can be redeemed for PCYC sporting equipment.

So, come along, join in on the fitness and fun. Breakfast, hygiene pack and transport to club and school is also available (designated pick up from local high schools, and drop off back to schools).

TIME: 6.30am every Monday morning

AT: PCYC Tweed Heads, Cnr of Florence and Adelaide, Tweed Heads

PH: 07 55991714

For further details ask for S/C Lisa Paice or S/C Clare Tuckett, Youth Case Managers, or Donna Reed, Club Manager.

*PCYC acknowledges Aboriginal and Torres Strait Islander peoples as the original custodians of the lands on which our Clubs operate. We are committed to promoting reconciliation between Aboriginal and Torres Strait peoples and the broader Australian community.*





## COMMUNITY NEWS



**SAT 18 MAY 2019 10AM-3PM**

# THE KINSHIP FESTIVAL

A FREE EVENT FOR ALL FAMILIES



**KNOX PARK - MURWILLUMBAH**



**CONNECT, SHARE AND PARTICIPATE IN THE WISDOM AND PRACTICE  
OF HEALTHY FAMILIES, STRONG VALUES AND VIBRANT COMMUNITY CULTURE**

Free nature crafts and activities for kids all day

Create a giant sand, earth and ochre community sculpture

Join dance troupes from across the Bundjalung Nation in a celebration of kinship

Free Bush Tucker lunch - vegetarian option available

Live music with OKA

Indigenous market stalls

More info: [kinship@mccentre.org.au](mailto:kinship@mccentre.org.au) 02 6672 3003 0431951162



The Kinship Festival is a  
drug and alcohol-free event





## COMMUNITY NEWS

# THE KINSHIP FESTIVAL

SAT 18 MAY 2019 10AM - 3PM

**KNOX PARK - MURWILLUMBAH**



Connect, share and participate in the wisdom and practice of healthy families, strong values and vibrant community culture

## Calling all First Nations People

Do you have a poem or rap song to share?

You are invited to perform your

# Poetry

on the **\*Gwarima\*** Stage

(\*story /to run\* Bundjalung-Yugambah language)

**It's easy to register - just fill in and return the form** (see over)

To assist with scheduling on the day, Registration Forms are to be received by  
Friday 3 May 2019

Our *Poetry Performance* element is dedicated to the memory of long-term Kinship Festival supporter and committee member,  
**Aunty Lorraine (Jedda) Parsons**





## COMMUNITY NEWS

# SPECTRUM

## LGBTIQAP+ Social Group

for 15-25 yrs

Have fun and make  
friends in a safe, relaxed,  
supportive space

**2nd Thursday of the month  
@ headspace Tweed Heads  
5-6:30pm**

**Last Tuesday of the month  
@ Murwillumbah Community  
Centre (Youth Space)  
4-5:30pm**

**COME AND JOIN US!**

*New members are always welcome :)*

**Contact Jackie (07) 5589 8700 or email  
[enquiries@headspace-tweed.org.au](mailto:enquiries@headspace-tweed.org.au)**







## COMMUNITY NEWS



the family centre

TERM 2 COURSE PROGRAM 2019  
TWEED SHIRE

### **PLAYGROUPS**

All playgroups 9.30–11.30am. NO COST

**Monday – Banora Point**

**Tuesday – Tweed Heads West**

**Wednesday – Tweed Heads South**

**Thursday – Murwillumbah**

Find connection with other parents/carers and children while learning and playing together. Access information regarding parenting and appropriate local services.

### **123 MAGIC**

**Wednesdays May 15-29, 10am-12.30pm**

123 Magic is an evidence-based parenting program recommended for parents/carers with children aged 2-12 years. The program is facilitated across 3 sessions and supports parents/carers to feel more confident to respond to their child's behaviour. Parents/carers are provided practical strategies to engage their child in the process of identifying and managing their own emotions.

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

### **CIRCLE OF SECURITY PARENTING**

**Thursdays May 9-Jun 20, 10am-12pm**

The 7 week Circle of Security Parenting course is based on decades of research on children 0-5yrs showing how to create, support and strengthen secure parent-child relationship. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure





## COMMUNITY NEWS



**TERM 2 COURSE PROGRAM 2019  
TWEED SHIRE**

### **CIRCLE OF SECURITY SEMINAR**

**Wednesday Jun 19, 10am-12pm**

A 2 hour seminar that provides an introduction to our 7 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

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

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### **BRINGING UP GREAT KIDS**

**Thursdays May 23-Jun 27, 10am-12pm**

Relationship and reflective practices are the heart of this program. Parents 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.

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

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### **UNDERSTANDING TEENAGERS**

**Wednesdays May 15-Jun 19, 5.15-7.15pm**

A 6 week course for the parents of teenagers. 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 2 COURSE PROGRAM 2019  
TWEED SHIRE

### **ANGER AND EMOTIONAL INTELLIGENCE**

**Friday Jun 7, 9.30am-3.30pm**

1 day workshop 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)**

### **CONVERSATIONS FOR CHANGE**

**Saturday June 8, 9.30am-3.30pm**

This 1 day workshop explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

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

### **CREATING REAL CONNECTIONS**

**Saturday May 25, 9.30am-3.30pm**

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

**VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$15 (includes lunch)**

### **PATHWAYS TO CHANGE FOR MEN**

**Saturdays May 4 and May 18, 9.30am-3.30pm**

2 day self-awareness and self-development course for men. Designed to assist men with parenting, maintaining healthy relationships and making positive life choices.

**VENUE: THE FAMILY CENTRE, FRANCES STREET. COST: \$30 (includes lunch)**

### **SELF ESTEEM FOR WOMEN**

**Saturdays May 25 and June 8, 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, AMBER ROAD. COST: \$30 (includes lunch)**



# COMMUNITY NEWS



## All Emergency Services Expo



**WATCH EMERGENCY STAFF IN ACTION!**

### Come and join us for a fun and information filled day!

Come and meet your emergency response community at this free action packed day of demonstrations while enjoying a sausage sizzle.

In times of natural disaster a wide range of agencies and services pool together to help our communities respond and recover. Come see the latest disaster response equipment in action and meet local SES, Police, Ambulance, Fire-fighters, Marine Rescue, Surf Lifesaving, Red Cross and more.

Get up close to flood, surf and other rescue boats, fire truck, police response vehicles, all-terrain vehicles and other high-tech disaster response equipment. Learn about how you can best prepare and plan for disasters to improve your resilience and that of your neighbours and communities.

**Date:** Sunday 26 May

**Time:** 10am – 2pm

**Location:** Jack Evans Boat Harbour, 'Goorimahbah' Precinct, access via Coral Street, Tweed Heads

**FREE EVENT**



the power of humanity



TWEED SHIRE COUNCIL | Living and loving the Tweed





## COMMUNITY NEWS



ENGINEERS  
AUSTRALIA

# Discover Engineering Ballina

A free forum for all high school students  
interested in learning about  
engineering as a career choice

- Why be an engineer?
- What do engineers do?
- What is it like to study engineering?
- How do you become an engineer?

Discover Engineering provides the opportunity for high school students interested in an exciting career in engineering to hear real life experiences from young engineers across the various engineering disciplines who will share their career path and practical first hand knowledge. University representatives will also be available to advise on course information.

**Thursday 27 June 2019, 6.30pm - 8.30pm**

Ballina Byron Islander Resort  
1 Ronan Place, Ballina  
Enquiries: 02 4911 7310

This is a free event. Light refreshments will be served, registration is essential for catering purposes.



/EngineersAustralia



/EngAustralia

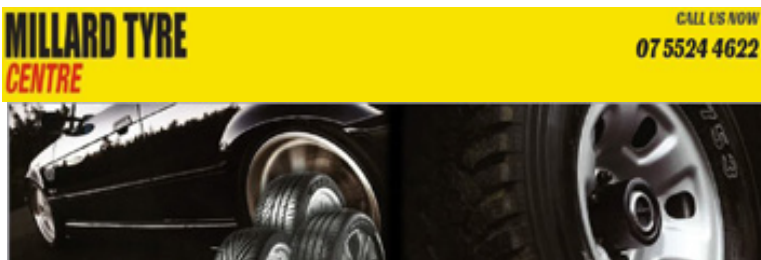
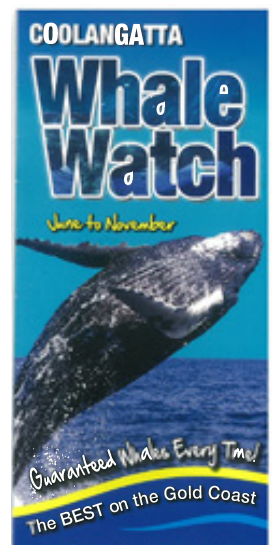
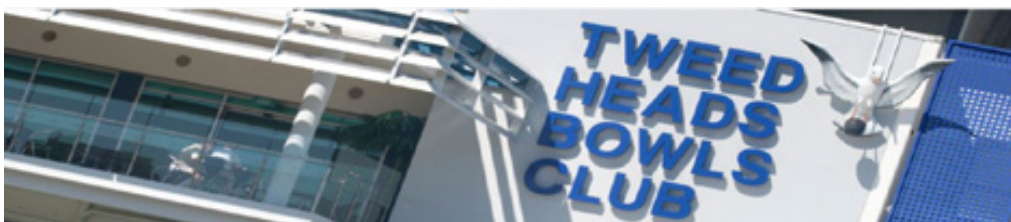
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A WELCOMING PLACE TO ENJOY GREAT FOOD AND COFFEE