



# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## SENIOR EXECUTIVE REPORT

Hi Parents and Carers.

Welcome to Week 9. I have been lucky enough to be relieving in the Deputy position this term. I would like to commend all those students who arrive at school on time and in the correct uniform, it reflects how you, as parents are supporting the school.

There are, however, a few things I have noticed over the term, that you may not be aware of your child doing. There are a number of students arriving daily to school with huge cans of energy drinks. Apart from this school banning these from the school grounds, I would like to create an awareness about the contents of these drinks. A 600ml can of energy drink, can contain over two cups of coffee plus the extra caffeine contained in guarana and up to 21 teaspoons of sugar depending on the brand. Also, up to an entire day's salt intake.

Many students are consuming multiple cans in a day. The effects of this consumption can cause headaches, insomnia, tiredness, irritability, stomach aches and hyperactivity. Too much of these stimulants and chemicals can cause dependence, dehydration, heart palpitations and/or an increased heart rate. Long term, these drinks can cause more serious health problems, such as obesity, type 2 diabetes, poor dental health, migraines, cardiovascular and neurological effects.

In addition to this, many students are arriving at school with large slushy drinks (frozen coke type drinks) and depending on the size can contain up to 30 teaspoons of sugar.

The World Health Organisation recommends that the daily consumption should be up to 6 teaspoons of sugar including those sugars found naturally in fruits, honey and syrups.

Consuming excessive amounts of sugar can cause fat to grow around your vital organs and can result in the development of such diseases as diabetes, respiratory diseases, cancer and cardiovascular disease.

The lowdown on sugar

- A regular bottle of soft drink contains 16 teaspoons of sugar
- There are nine teaspoons of sugar in a sports drink
- A daily habit of drinking a 600ml bottle of orange fruit drink will result in the consumption of 23kgs of sugar per year
- There are seven teaspoons of sugar in a 250ml energy drink
- You can reportedly gain 6.5kgs in one year if you drink one can of soft drink per day
- Sugar sachets from cafes are roughly four grams of sugar

We acknowledge the Nganduwal/Minjungbal people of the Bundjalung nation, who are the traditional custodians of this land.

We also pay our respect to the Elders, both past and present, for they hold the memories, the traditions and the culture for future Indigenous Australians.

We extend that respect to other Aboriginal and Torres Strait Islander people.





## SENIOR EXECUTIVE REPORT *Cont...*

Remember:

- It's recommended we have a maximum of six teaspoons of sugar per day, including the sugar naturally found in foods such as honey or fruits.
- One teaspoon is four grams of sugar, be mindful of this when reading nutrition labels.
- Plain water is the healthiest drink choice.

So, in the light of my observations and the facts I have been able to present to you about energy drinks and the sugar contents of popular drinks. I would appeal to you to have a discussion with your child/ren about the choices they make about the consumption of these drinks but also in relation to all the foods they may consume when not in your supervision.

Also, these drinks if being consumed prior to school should be done so out of the grounds and not brought on site.

It has also been great to hear about how many students have been participating in a wide range of sports, such as athletics at state and the many finals and grand finals in a wide variety of sports from hockey, rugby league and netball just to name a few. Sport is a great way to meet and make new friends.

**Mark Green**

**Relieving DP**

## School Safety Alerts

- Students, please be vigilant about your personal safety when travelling to and from school. This week a man in a blue earlier model Holden Commodore has been reported to have approached a student on their way to school. If any student is approached by this man or any other person that makes them feel uncomfortable or is not known to them, then please report it to your parents and a staff member so it can be followed up by Police.
- Parents, please have a conversation with your children about their use of Social Media. There appears to be an alarming trend on some social media such as Tik Tok to participate in activities that are potentially dangerous with life threatening consequences in the name of fun. Please be aware what your children are doing and seeing on Social Media.

**Ms Kim Taylor**

**Relieving Principal.**



# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## 2024 SCHOOL CAPTAINS

**CAPTAIN**  
**Angus Brindley**



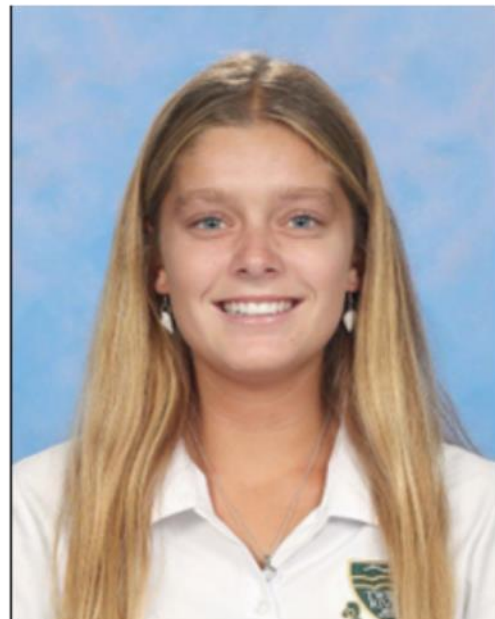
**CAPTAIN**  
**Lachlan Marshall**



**VICE CAPTAIN**  
**Skyla Keski-Nummi**



**VICE CAPTAIN**  
**Charli Smith**







# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## SPORT NEWS

We have had some fantastic results over the last 3 weeks. Futsal season is here and the students have been training hard across the term with Mr Orr training both boys and girls each Friday at recess and lunch. The hard work in training paid off with the U14 girls team winning the FNC titles in convincing fashion. The Goodwin sisters were instrumental in this win with both girls setting the courts alight with their fancy footwork and eye for goal. Our girls will now play in the North Coast titles in Term 4. Fantastic result and well deserved!



Our boys teams and our girls U16 team were competitive, however both teams were knocked out in the early rounds by the eventual champion in their respective divisions. It was encouraging to see all players enjoying the game and showing a willingness to improve in each area. It's worth noting that our Junior Boys team had the eventual champions Ballina on the ropes at 3-2 with only 3 minutes to go. A narrow loss however encouraging signs for the future.





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## SPORT NEWS Cont...

### NSW CHS Athletics

TRHS had 3 students travel to Sydney for the NSW State Athletics Championship at Homebush. We have only just seen the results and we have fantastic news.

Juanito Stewart placed 3rd in his 100m event, 4th in his 200m and 7th in the 800m. This is a fantastic result! Well done on your success!

Blade Thompson competed in the - 100m Hurdles and 100m dash. Blade placed 4th in the hurdles and 14th in his 100m.

Logan Best competed in the 400m hurdles and placed a respectable 14th.

Well done on all 3 students who made the trip to Sydney.



### NSW Netball Schools Cup

By the time this newsletter goes to print our Junior Boys and Girls and our U16 boys would have just competed in the NSW Regional Finals in Ballina. The students have been training hard and we are hopeful of a good result as we take on the top Independent, Catholic and Public Schools in the region. A win at this level will mean the team will progress to the state finals next term.

Good luck to all teams and it is a great result to have 3 teams progress through to this round.



### Year 11 and 12 VET Sport Coaching

We had 32 students complete their First Aid certificates as part of their Sports Coaching training. Students needed to demonstrate their practical skills in an intensive 4 hour practical session along with completing the online theory modules to gain their accreditation.

The CPR accreditation will last 12 months along with the senior first aid components which will last 3 years. Well done on your efforts and behaviour. Our instructor commented on the remarkable concentration and effort that was displayed from such a large group of students. This certificate will serve these students well not only for their coaching careers but also as citizens out in the community.





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## SPORT NEWS Cont...



*Left: Students working on completing their First Aid certificates*

### Ten Pin Bowling State Success

Tamsyn Wheatley is now a Queensland champion bowler in two events. She won Gold in the E grade female singles and gold in the E grade All events. Tamsyn also won silver in the D grade doubles and 4th overall in the Masters division. Tamsyn bowled a total of 24 games over the three days.

Congratulations to Tamsyn on your amazing success and achievement!



### Sports Development Program

Our 70 strong cohort of students are doing well in their sports development journey. Students will have the opportunity to secure a spot in the end of year excursion with permission notes to be handed out next week. Unfortunately there are only 30 spots for this excursion with accommodation options restricted at the venue. The excursion will once again take place at the Gold Coast Sports Performance Centre and will occur Wednesday 22/11 to Friday 24/11. Notes will be ready Monday with students needing to see Ms Aungles Monday recess if they are interested in attending.

Sports coming up in Term 4

- Titans 9's
- FNC Beach Volleyball
- Cricket
- Volleyball
- U15 Touch

**Mr Williams**

**HT PDHPE & Sports Coordinator**



# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## SPORT NEWS Cont...

### Internal School Sport. Term 3

We're thrilled to celebrate the incredible success of our athletes and sports programs in Term 3! 🌟 From the footy field, to catching fish in Tweed River, our students have shown dedication, teamwork, and a passion for sports like never before.

🤝 Team spirit was on full display with our Volleyball and Muay Thai students, as they competed with heart and sportsmanship. Every lesson was a testament to their dedication and unity. 🏆

👏 Let's not forget the unsung heroes - our coaches, parents, and supporters. Your unwavering support has been the driving force behind our success.

Here's to more victories and memorable moments in the upcoming terms. Stay tuned for more exciting sports action! 🌟 🏆 🤝







## SPORT NEWS Cont...

### Muay Thai for Year 9 and 10 Sport

We're thrilled to celebrate the remarkable journey of our dedicated Muay Thai students who have just completed our intensive 8-week program!

From day one, these warriors have poured their sweat, heart, and soul into mastering the art of Muay Thai, and the results speak for themselves.



Over the past 8 weeks, they've:

Developed incredible discipline and mental fortitude.

Enhanced their technique, balance, and agility.

Built rock-solid core strength and endurance.

Cultivated unbreakable bonds with their teammates.

Grown in confidence and self-belief.

We're immensely proud of each and every one of you!

To our coach, Richie from Urban Muay Thai, thank you for your unwavering support and guidance throughout this journey.

**Mr McGuire**





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## TAS NEWS

Yr 11 have created designs for the bags that they made. Most of the class have no prior sewing experience and have done an amazing job. Their design brief was to create a bag design that reflected Aboriginal and Torres Strait Islander culture. They hand drew their images. These images were then scanned and printed out on our new sublimation printer. This is a wonderful piece of technology that we are all learning about in senior textiles. The printed designs were then heat pressed onto fabric and the students embellished their designs using a variety of decorative techniques. As you can see, the finished designs are fabulous. I love working with these creative students and look forward to our HSC projects which start next term.

**Mrs Marriott**  
(TAS - Textiles Teacher)







# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## Aboriginal Health Day - Baribunmani

Students received a little peak inside the roles and issues encountered by health professionals across various fields including pharmacy and nursing.

Mending broken arms, preparing webster packs and pressure wrapping snake bites were some of the activities undertaken by students.

**Troy Williams**

**Careers Advisor**





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## LIBRARY NEWS

In Term 4 the library, in conjunction with the English faculty, will begin a book review competition where students will be invited to submit reviews of recently read books from the library. Weekly prizes will be awarded to the most insightful reviews.

Halloween is approaching and students are invited to participate by creating decorations and posters to adorn the library and give it a horror, mystery décor. Students are welcome to come in at recess and lunchtime. All materials will be supplied.

Students will notice thinking puzzles on the windows. If you know the answer tell the library staff. Prizes to be won.

If you have a book you would like the library to acquire, write it on the wish list (on the returns box) or tell one of the library staff.

**Kevin Watler**

(acting teacher/librarian)



## TWEED RIVER HIGH SCHOOL P&C NEWS

It has been a little over a year since our P&C held a crisis meeting to determine the future of the P&C at Tweed River High School. From that meeting we recruited 17 new members and a new executive committee emerged over the next couple of months.

Over the past 12 months we have supported some of our school's sporting talents, held a Buntings BBQ fundraiser, and supported school events, with volunteers helping with catering and representing the P&C. We also appointed a new Uniform Shop Manager, Sarah Flanagan, who I am sure many of you have become acquainted with over the past year.

Next week will be the last meeting before our AGM in October and the start of a new year for the P&C. We currently have 20 members, including 4 executive members. Some of our members will be leaving, including 2 executive members, as their student(s) finish high school.

In a school community counting 600+ students, I hope we can count on more parents to step up and join our P&C. We offer membership for a \$2 gold coin donation. This includes virtual memberships. We now also offer zoom attendance to meetings.

**Our next meeting is Wednesday 20<sup>th</sup> September @ 6PM (18:00) in the Staff Common room in the Administration office block. Due to the ongoing building construction work, please use the rear entrance to the staff common room from the staff car park.**

All enquiries can be directed to our email: [tweedriver-hs@pandcaffiliate.org.au](mailto:tweedriver-hs@pandcaffiliate.org.au)

or to Siri on 0438 379 963





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## Beyond the Broncos

On September 1st, we were delighted to host a graduation night for our beautiful Year 12 Beyond the Broncos girls. Alex Glenn, our ambassador, was MC for the night. Uncle Victor Slockee came along to the night and presented Welcome to Country and Lisa McDade introduced her SSOs. Our graduates were: Mikayla Hodges, Jalamari Noter, Rylee Ogston, Jahzara Pinder, Charli Togo, Kiannah Togo, and Jaydee Weir. Jaydee was awarded our valedictorian, chosen from all of the Tweed/Wollumbin Year 12 students. It was an honour to watch the girls make their pledges on what their career pathways will be, post graduation. We would like to congratulate each and every one of these young ladies and wish you all the best for your future.



**Tora Slockee and Jasmin Morrissey**

**TRHS Beyond the Broncos Student Support Officers.**





# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## WHETHER CHALLENGE

The Year 11 Primary Industries students participated in the 2023 Whether Challenge in Dubbo. Six sheep were donated to the school by farmers from Western New South Wales. Over a three month period the Year 11 students along with our junior students, watered, fed and taught these sheep how to be led.

This challenge culminated in our trip to Dubbo where the sheep were judged for weight gain, wool texture and fat content. Our school was specifically mentioned, due to the fact that we had travelled the furthest out of the 60 schools from across the State.

Being Tweed River High School's first entry into any Agricultural competition, this was a great achievement for our school and the students showed exemplary behaviour and professionalism at this state-wide event. This foray into competition would not have been possible without the support of the School Executive. Congratulations to all involved.

**Mr. Kelleher**

**Primary Industries Teacher**



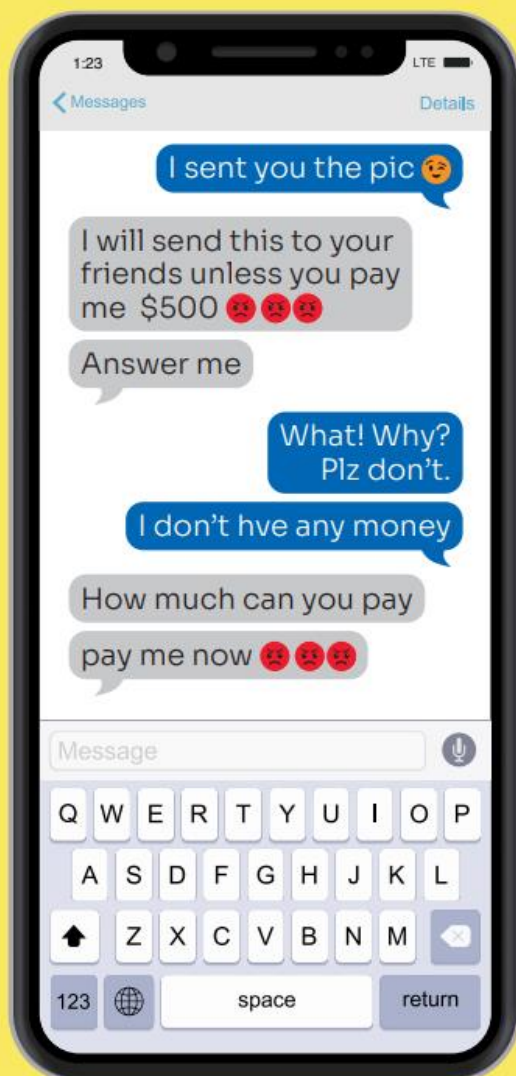




# NEWSLETTER

Friday 15 September 2023, Term 3 Week

Published November 2022



## This is sextortion.

It's a scam.  
And it's trending.

You can make it stop.

- ✓ **Do** stop the chat
- ✓ **Do** take screenshots of the text and profile
- ✓ **Do** block the account and report it to the platform
- ✓ **Do** report to the ACCCE
- ✓ **Do** get support

- ✗ **Don't** send more images
- ✗ **Don't** pay
- ✗ **Don't** respond to demands
- ✗ **Don't** enter into further communication
- ✗ **Don't** think you're alone

## If you're under 18, we can help.

The Australian Centre to Counter Child Exploitation is here to keep children and young people safe from online sexual exploitation and abuse.



To report  
or get help:  
[accce.gov.au](https://accce.gov.au)



Australian  
Centre to Counter  
Child Exploitation



If you're in a life-threatening situation, call Triple Zero (000).

The eSafety Commissioner can help to remove naked or sexual images shared online without your consent: [eSafety.gov.au](https://esafety.gov.au)







# NEWSLETTER

Friday 15 September 2023, Term 3 Week

## UPCOMING

Tues	19 Sep	Year 12 Graduation
Wed	20 Sep	Year 12 Breakfast and Activity day
Thu	21 Sep	Year 12 Formal
Frid	22 Sep	Last day Term 3
Mon	9 Oct	Term 4 Students return to school
Wed	11 Oct	HSC exams begin

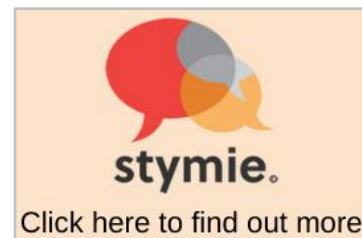
WHETHER YOU COME  
FROM A COUNCIL ESTATE  
OR A COUNTRY ESTATE,  
**YOUR SUCCESS** WILL  
BE DETERMINED BY  
**YOUR OWN CONFIDENCE  
AND FORTITUDE.**

Michelle Obama

## P&C NEXT MEETING

Wednesday 20th September 2023

In Common Room  
All welcome!



Click here to find out more



## TRHS Canteen

Breakfast - Recess - Lunch

Check out the daily menu on the canteen  
window for some great meal deals.

EFTPOS available



## Uniform Shop

Click here to order online

P&C eStore





# NewsLETTER

Friday 15 September 2023, Term 3 Week

COMMUNITY NOTICES

COMMUNITY NOTICES



## TOUCH IS BACK IN THE VALLEY

We are back and looking forward to seeing you all on the field

## WEDNESDAY NIGHTS PLAYERS NEEDED

1 week of trials, 10 rounds and 2 weeks of finals

\$80 per player (+ \$22 Touch Football Australia annual fee) payable at registration

Mixed teams, players need to be at least 12 years old at the time of registration – Mens and Masters will be offered if we get enough interest

Head to our [facebook](#) page for registration information  
or to send us a message:

<https://www.facebook.com/bilambiltouchfootball/>





# NewsLETTER

Friday 15 September 2023, Term 3 Week

COMMUNITY NOTICES COMMUNITY NOTICES

## Come and TRI

26  
November  
2023



**Where:** Cudgen Creek, Kingscliff

**Ages:** Options for 7 years and over!

**Built for beginners.**

**Free Medal, Gift and Sausage Sizzle for all little legends**



**Kingscliff**  
TRIATHLON

COMMUNITY NOTICES COMMUNITY NOTICES