

ENDEAVOUR

MURWILLUMBAH HIGH SCHOOL

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**INSPIRING EVERY STUDENT
EVERY DAY**

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UROK Day

On Thursday 8 November, students and staff joined together to celebrate UROK Day - an initiative developed by our members of the Tweed Shire Council Youth Council. Jasper, Ethan and Nava from Year 10 organised this fantastic event which had a focus on building resilience, inclusion and student wellbeing - with the overarching message- that "You are okay!"

Students were hand delivered positive affirmations penned by their peers and teachers, and had the opportunity to participate in a variety of wellbeing activities at lunch time. Great work Youth Council and SRC members!

Some of the fantastic activities from the UROK Day celebrations included:

Wellbeing Workshops included an acoustic chill-zone, zen colouring in and making vegan bliss balls with Mrs Lister. Students also participated in other daily and weekly activities run at Murwillumbah High School including the Tuesday and Thursday dance group with Ms Boag and the ever popular jigsaw crew in the library.

Students also had the opportunity to learn how to make reusable bags, to contribute to the 'Boomerang Bag' initiative. This will be an ongoing community focused activity (photographs below and page 2.



UPCOMING EVENTS

This calendar is available on the Murwillumbah High School webpage

www.murwillumb-h.schools.nsw.edu.au

Thursday	29 November	Formal Assembly
		Year 10 Peer Leadership
Friday	30 November	Year 10 Peer Leadership
Tuesday	4 December	Selective Class Showcase
		Year 6 into 7 Orientation
Wednesday	5 December	Year 6 into 7 Orientation
Thursday	13 December	Presentation Evening
Wednesday	19 December	Term 4 ends for students
Thursday	20 December	School Development Day
Friday	21 December	School Development Day
2019	2019	2019
Monday	28 January	Australia Day Holiday
Tuesday	29 January	School Development Day
Wednesday	30 January	Years 7, 11 & 12 commence
Thursday	31 January	Years 8, 9 & 10 commence
		New enrolments (Years 7-12) processed
Tuesday	5 February	FNC Volleyball
Thursday	7 February	School Swimming Carnival
Tuesday	12 February	Year 7 Meet the Parents Information Evening 3.30pm - 6pm
		NC Volleyball
Tuesday	19 February	P&C Meeting 6pm
Wednesday	20 February	Year 7 Camp
Thursday	21 February	Year 7 Camp
Friday	22 February	Year 7 Camp
		FNC Swimming Carnival
Tuesday	26 February	Year 7 2020 Information Evening
Wednesday	27 February	Year Meetings
Monday	4 March	School Photo Day
Tuesday	5 March	NC Swimming Carnival
Wednesday	6 March	School Photo Catch-up
Wednesday	13 March	NC U15 AFL
Thursday	14 March	NC Open Basketball
Friday	15 March	NC U15 Touch
Tuesday	19 March	P&C Meeting 6pm
		NC Netball
		NC Rugby Union
Wednesday	20 March	Harmony Day Formal Assembly
Thursday	21 March	NC Hockey
Tuesday	26 March	Years 7, 11 & 12 Parent Teacher Interviews 4pm
Thursday	4 April	NC Rugby League
Sunday	7 April	Daylight Savings Time ends
Friday	12 April	Term 1 ends



Sport report

On Thursday 1 November Mrs Butler and Mrs O'Brien travelled to Tweed Heads South with the U14 Netball team for the eight team knockout gala day. They girls faced a tough draw against Kingscliff, the eventual winners of the day, in the first round. They played well for such a young, inexperienced team looking to develop their skills into the future. A special thanks to Tiarn Paddock who acted as umpire for the day.

On Friday 2 November six teams travelled to Coolangatta Beach for the annual Beach Volleyball Knockout carnival, one of the most popular days on the calendar. Once again the senior boys were the most successful team making the finals however they were defeated by a red hot Ballina Coastal team. Each of the other teams played well in the windy, difficult conditions. Thanks once again to Mr C Marshall and Ms Paron for their coaching efforts.

All students are reminded to check the lists of sports awards and confirm any adjustments with Mr Elder.

Congratulations Hayley!

Hayley Bendl has been selected in the Australian team touring Canada or the 2019 Track and Field Athletics Tour! The tour will give Hayley the opportunity to travel and compete internationally against athletes of a similar age and ability as well as develop new friendships with fellow students from all over Australia (photograph below).



KickstART T5 HSC Visual Arts Student Enrichment Day at the Tweed Regional Art Gallery

Every year around the beginning of November the Tweed Regional Gallery opens its doors to the T5 HSC Visual Arts students so that they can interact with the exhibited artworks as part of their preparation for the HSC. This very generous offer from the gallery, and Jodi Ferrarri (Gallery Education Staff) means that our students can learn about contemporary artworks that are currently in the gallery, such as Laith McGregor,

and get up close and personal in their experiences with the works in the gallery space. During the day the students from Murwillumbah High, Kingscliff High, Wollumbin High, Tweed River High and Banora Point High attended three learning sessions where they explored art history, art criticism and artmaking activities that related to the artworks in the gallery. Our students, Sienna Bennett, Alysha De Lyon, Jasmin Matthews, Molly McPherson, Yui Morikawa, Jake Charteris, and Hayley Layton all attended the day with their Visual Arts teacher Bev Cooke and Kylie Lambert (photograph below).



Show Poster Competition winner

Congratulations to Year 9 Photography and Digital Media student Nyah who has taken out first prize in the Murwillumbah Show Poster Competition! Be sure to keep an eye out around town for Nyah's poster! Amazing work from an extremely talented student! Murwillumbah High School is very proud of you!



HSC Minimum Standard

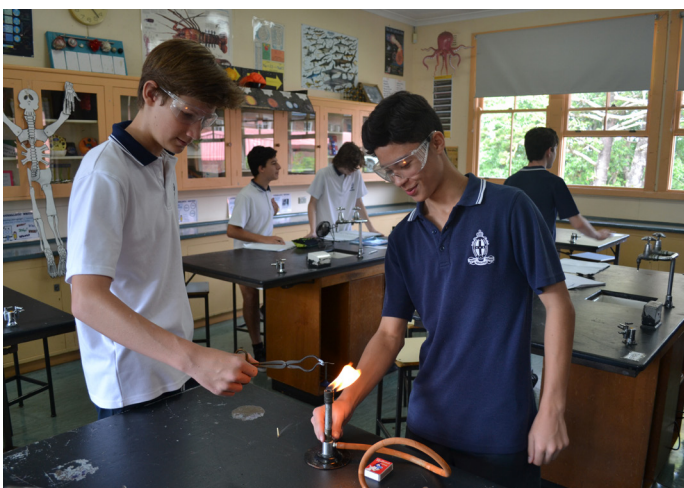
If you are sitting your HSC exams in or after 2020 you will need to meet a minimum standard of literacy and numeracy to receive your Higher School Certificate.

Please copy and paste the following link into your internet browser to find out more details.

http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard?utm_source=TractionNext&utm_medium=Email&utm_

Year 8 Science

Ms Turnbull's Year 8 class have been busy investigating the principles of energy transformation with balloon rockets, electric bells and burning magnesium. (photograph below)



Young people and risk taking

Risk-taking is an essential part of learning and personal development for young people. Teenagers need to explore their own limits and abilities, as well as boundaries set by others. They also need to express themselves as individuals. It's all part of their path to becoming independent young adults, with their own identities .

Unfortunately, the risk involved in different activities and settings can often be poorly judged by young people and they are over represented in every category of risk-taking resulting in injury and trauma. For more information about the different types of risks for young people, see <http://www.kidshelp.com.au/grownups/news-research/hot-topics/risk-taking.php> .

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst Year 11 students in northern NSW. Attending RRISK extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to further develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4,300 students from more than 62 high schools from Port Macquarie to Tweed Heads have registered to attend one of nine RRISK Seminars. If you have a Year 11 student in your family, encourage them to attend.

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. Researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au



murwillumbahhighschoolpc@gmail.com



Do you have a few hours to spare??

Although the canteen employs casual staff, it is volunteers who are crucial to the success of the canteen. They are our most precious resource and they allow us to provide a quality service at very reasonable prices.

We are striving to serve more fresh goods, which has resulted in more students coming to the canteen so more volunteers are required.

The canteen operates 5 days a week and volunteers are usually only needed until 11.30am.

Please call Sam on 0429 324 977



Find us on
Facebook

Canteen roster		
Monday 26 November	Monday 3 December Jo Plummer	Monday 10 December
Tuesday 27 November	Tuesday 4 December	Tuesday 11 December
Wednesday 28 November	Wednesday 5 December	Wednesday 12 December
Thursday 29 November	Thursday 6 December	Thursday 13 December
Friday 30 November	Friday 7 December	Friday 14 December Deb Hall

If you are unavailable on these dates please contact Sam Campbell on 0429 324 977 or email murbahcanteen@gmail.com

Note: The last day of canteen operations for 2018 will be on Friday 14 December. The canteen will not be open from Monday 17 December to Wednesday 19 December.

A trusted, evidence-based parenting resource

Helping parents locate easy-to-digest, evidence-based information on raising teens is not always quick or straightforward. It can be hard to know which information to trust. Australian Government funded website **raisingchildren.net.au** answers this need for families and the professionals who work with them.

Expert approved, tried and tested

This free, non-commercial site translates the latest scientific evidence on raising children into ready-to-go text and visual resources – from pregnancy right through to the important teenage years.

A rich source of information and accurate advice, raisingchildren.net.au is subject to rigorous assessment and regular review by a scientific advisory board and subject matter experts. But it's geared for busy parents so it's easy to access and use.

Now in its 10th year, the site is visited by an average of 50,000 people every day.

Tips and tricks for raising teens

Evidence shows that supportive families help teens function well in adolescence and into adulthood.¹ But parents' confidence in their own skills often drops when their children become teenagers.²

Raisingchildren.net.au aims to help parents in their efforts to raise confident, resilient teens. It offers practical advice on important issues including:

- Handling tricky conversations
- Mental and physical health
- Working with school and teachers

- School and homework tips
- Social/emotional development
- Alcohol and other drugs
- Relationships.

Important information for adults

The site also includes information for adults such as work and self-care, parenting after divorce, parenting children with a disability or additional needs, and services and supports.

About the partners

Raisingchildren.net.au is funded by the Australian Government Department of Social Services and delivered by the Parenting Research Centre and the Murdoch Children's Research Institute, with the Royal Children's Hospital, Melbourne.

Find out more



Sign up to our e-news for professionals and receive updates on new content.



Follow us on social media



Contact us through the website or call Derek McCormack on 0409 184 023

1. Paradis, A., Giaconia, R., Reinherz, H., Beardslee, W., Ward, K. & Fitzmaurice, G. (2011). Adolescent family factors promoting healthy adult functioning: A longitudinal community study. *Child and Adolescent Mental Health*, 16(1), 30-37.
2. Parenting Research Centre (2017). Parenting Today in Victoria: Report of Key Findings