

ENDEAVOUR

MURWILLUMBAH HIGH SCHOOL

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INSPIRING EVERY STUDENT
EVERY DAY

ISSUE 10: 30 OCTOBER 2019

Japan Study Tour

At 6am on 21 September, thirteen students and two staff boarded a flight to Japan bound with anticipation of what may lie ahead. Unfortunately, our airline added the bonus adventure of travelling without seven of our fifteen bags until almost five days into our trip, but that is a story for another day!

We landed at Narita (Tokyo) International Airport and headed for the lights of Tokyo. We spent our first day in the Idabashi Emergency Training Centre learning what to do in the event of an earthquake, what the emergency warning systems look and sound like and even participated in an earthquake training drill on an earthquake simulator.

Our days in Tokyo were spent exploring Shinjuku, Shibuya, Asakusa, Iidabashi, Ikebukuro, Harajuku and surrounding areas. By our second day, our students had become masters of negotiating crowds, catching trains, finding the best convenience stores and people watching. I proudly watched on as they moved to the left on escalators, walked single file in crowded stations and confidently purchased train tickets without any assistance (or English) using ticket machines.

We left Tokyo and headed south to Hiroshima. Sadly, seven of us were still wearing the same outfit we arrived in four days earlier. We had resigned ourselves to the fact that we may spend the entire eighteen days in the same outfits, things were looking grim. We boarded our bullet train with our ekiben lunchboxes and settled in for our four hour ride. Along the way we watched the city disappear and the rice fields whizz past our windows. Josh happened to look out the window to see Mt Fuji in all its glory. Arriving in Hiroshima, we went straight to our accommodation where low and behold, seven glorious suitcases were sitting in the foyer. There were screams, there were tears, but most importantly there were clean clothes! Our lesson in resilience was complete. We spent our time in Hiroshima exploring the city and eating Okonomiyaki. Most importantly, we spent a lot of time walking through the Peace Park and the recently renovated Hiroshima Peace Memorial Museum. No matter how many times I visit this remarkable city, the museum always brings a tear to my eye.

(Continued on page 2)

UPCOMING EVENTS

This calendar is available on the Murwillumbah High School webpage

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

Friday	1 November	Murwillumbah Show
Saturday	2 November	Murwillumbah Show
Friday	8 November	FNC Beach Volleyball
Monday	11 November	Year 9 & 10 Yearly Exams
Tuesday	12 November	Year 9 & 10 Yearly Exams
Wednesday	13 November	Year 9 & 10 Yearly Exams
		Year Meetings
		NC Surf Lifesaving
Thursday	14 November	Year 9 & 10 Yearly Exams
Friday	15 November	Year 9 & 10 Yearly Exams
Tuesday	19 November	P&C AGM 6pm
		NC Beach Volleyball
Monday	25 November	Year 12 Primary Industries Work Placement week
	26 November	Wellbeing Excursion
Thursday	28 November	Formal Assembly
		Year 10 Peer Leadership
Monday	2 December	Year 12 Hospitality Work Placement week
Tuesday	3 December	Year 6 into 7 Orientation
Wednesday	4 December	Year 6 into 7 Orientation
Thursday	12 December	Presentation Evening 7pm
Wednesday	18 December	Term 4 ends for students



From here we headed to Osaka for a spot of karaoke and explored the district of Dotonbori. The highlight here was Universal Studios, complete with Halloween themed zombie houses, parades and the like. The students exhausted themselves for the day and were happy to head next to the slower pace of Kyoto.

Kyoto has more to offer than just shrines and temples, this time it had the added attraction of Rugby World Cup fans from all over the globe. We spent our time visiting the Kyomizudera Temple, the Kinkakuju Shrine and the area around the station. We took a daytrip to Nara and fed the deer, went to the Todaiji Temple to see the great Daibutsu. There was much time spent here with some choosing to sit and reflect whilst others tried their luck to slide through a hole in a pole that is meant to be the size of Buddha's nostril.

With nervous energy we then headed off to our homestay in the tiny village of Hinohara. With a population of 2000 people, it was fairly obvious that we were in town! Our first night was spent at a curry/pizza party, meeting local city hall officials, dignitaries and some host families. The Mayor organised a surprise for us and we were driven up the mountain to look at a 380 year old building, however, the real surprise was inside the building. Here, we were introduced to former Wallabies greats who were in town for a few days complete with a ninja and geisha. There were photos a plenty and lots of chatter before we said our goodbyes and headed home.

The homestay is always my favourite part of this excursion. I have been bringing students to Hinohara for the past eleven years and we have developed a strong friendship between our two schools. It was great to see the same familiar faces welcoming our students into their homes and there was quite a few tears when it was time to say goodbye.

We were kept busy at school making small tatami mats, lacquered charms, participating in calligraphy lessons, played Uno and Old Maid with Hinohara students, spent the day in the adjoining primary school as well as visiting local attractions.

At the farewell party, Mr Wemm and I watched on proudly as each student stood and individually thanked their host families. Strong friendships have been made and these students now have a Japanese connection that is truly their own.

Finally we visited Fujikawaguchiko. Our accommodation overlooked one of the great lakes and provided the most spectacular view of Mt Fuji. The slower pace of Fujikawaguchiko was a great way to end an amazing trip.

Here are some of the stats that we collected along the way:

In Japan, we walked almost 200 km (over 250,000

steps) and travelled via many other forms of transport. According to the statistics collected by Ava Quinn, we caught 3 planes, 18 buses, 30 trains, 3 subway trains, 5 bullet trains as well as twice on a sky rail and we travelled by car 21 times!

I would like to thank all the students who participated in this trip for their impeccable behaviour, willingness to challenge themselves, their punctuality, willingness to share (clothes especially!), the laughs, the Uno battles and conversation. Each year I say "this was the best trip I have done" and 2019 truly was. A huge thank you to Mr Wemm and all the Murwillumbah High School staff who helped to make this excursion a reality.

Now to start planning for the 2021 Japan Study Tour!

Mrs Kendall Slattery

(Photographs below and page 3)





Chicago, Illinois
John Zuhin
New York, NY - never again
USA

Murwillumbah High School - Australia.

Words can't explain the tragedy and pain experienced by people affected by the bombing disaster. We pray for everlasting peace and for the souls who lost their lives.



Principal's Report

The first weeks of Term 4 have been exceptionally busy, but a very positive time for our school. I would like to share with you some of the great things that are happening and are coming up:

Community Nurse - Our school has been selected to pilot a community nurse based at the school for 4 days per week, starting at the beginning of next year. The Wellbeing and Health In-reach Nurse (WHIN) will work as a part of the Wellbeing Team within our school to help students and their families access health and social services. The WHIN will provide support, information and assistance with services relating to mental health, sexual health, drug & alcohol, healthy weight and body image, personal safety, physical health, peer and family relationships, bullying and other issues that affect student health and wellbeing. The WHIN can help to connect children, young people and their families to services, providing service information, referrals, assistance making appointments, coordinating follow up and care. The position will be filled by merit this term. This is an exciting addition to our team.

Diwali Project - Our LEAP student teams of CAPA and Humanities combined forces to deliver a spectacular event for the Diwali Festival. The quality of the student learning was quite incredible. The morning of performances and presentations was followed by a whole school colour run. The fact that so many students grew in their capacity for teamwork, communication and focus is to be acknowledged. This event was truly interdisciplinary learning at its best. Congratulations to all of the students and staff involved.

Senior Goal Setting – Last Friday several of our talented staff worked as learning coaches with all of our Year 11 students. This was the first of several very valuable sessions that will equip our students with the dispositions for learning, including study skills strategies. What is most important for all of our students, senior and junior is that they learn the strategies for learning and the habits for achieving their personal best.

Student Voice – On the 19th November we have Professor David Townsend visiting us again. David will be working with our student leaders developing projects and initiatives that will build opportunity for student voice in the school.

Collaborative Inquiry Teams – Research has shown that teams of teachers working together with a common purpose is one of the most powerful levers in improving student outcomes. We are well underway in this regard with stage 4 LEAP teams. We have now commenced team meetings for teachers of every year group to meet regularly to discuss and

implement ways that we can improve learning for every student.

The Fathering Project – we will be holding a “Bangers and Bingo” night in week 8 on Tuesday Dec 3rd. This is a Fathering Project event similar to the Paper Planes and Pizza event of term 1.

We are inviting all the dad's/father figures within our school community to come along with their kids. We are also inviting year 6s coming into year 7 next year. The reason we are partnering with this organisation is that we know that if we can engage fathers to be more involved in positive ways in the lives of their kids that there will be better outcomes for the kids and families in general.

Transition Advisor – We have appointed a Transition Advisor for 2 days per week. Her name is Alex Daly-Wells. Alex's role is to support identified individual students and small groups of students in developing a clear pathway that will lead to further training and/or work. We have committed to our Transition Advisor for the next three years. Don't forget to regularly check our Facebook page.

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 open the following link 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_



murwillumbahhighschoolpc@gmail.com



Murwillumbah High School P&C Association

The Murwillumbah High School Parents and Citizens Association provides a very important function within the school – it promotes the interests of all involved in the school community, bringing together parents, citizens, students and staff in close cooperation. There are a range of opportunities to be involved –

1. Meetings

The P&C meets the third Tuesday of each month during term time at 6pm. Meetings are kept to a maximum time limit of 1½ hours. Annual membership is \$1 and membership forms are available by email, from the front office or at meetings.

Our **Annual General Meeting** will be held at **6pm on Tuesday 19 November**. All are welcome.

2. Fundraising

The P&C hosts a number of activities each year to provide funds to the school to purchase additional resources.

3. Canteen

The P&C operates the canteen. Sam Campbell is employed as Canteen Manager and we also have an additional casual staff member, Deb Hall. Volunteers are a very welcome resource to assist in the canteen. The canteen operates 5 days a week and volunteers are usually only needed until 11.30am. All funds raised are added to fundraising for school resources. Please call Sam if you are available to help on 0429 324 977. We provide a healthy, fairly priced menu. We have been successful in achieving recognition for complying with the NSW Healthy Schools Canteen Strategy. We open for breakfast and lunch orders may be made before school or at recess. We accept payment by cash or eftpos. Stationery supplies are also sold in the canteen.

School Uniform

Following extensive research and consultation with suppliers, parents and students an improvement is being made to the school shorts. From next year two styles will be stocked by Work 'N' Country Gear to cater for a wider range of body shapes. This does not constitute a uniform change but is in response to repeated concerns being raised about the poor fit of existing shorts. Current shorts may continue to be worn. The new shorts are the same colour with stylised logo, but are manufactured in modern fabric and are designed for regular or tall body shapes.

Canteen roster				
Monday 4 November	Monday 11 November Deb Hall	Monday 18 November	Monday 25 November Jo Plummer	Monday 2 December
Tuesday 5 November	Tuesday 12 November	Tuesday 19 November	Tuesday 26 November	Tuesday 3 December
Wednesday 6 November	Wednesday 13 November	Wednesday 20 November	Wednesday 27 November	Wednesday 4 December
Thursday 7 November Gregg Family	Thursday 14 November	Thursday 21 November Donna Rayner	Thursday 28 November	Thursday 5 December
Friday 8 November	Friday 15 November	Friday 22 November	Friday 29 November	Friday 6 December

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

get in to life

(to keep your headspace healthy)



"Whenever I'm going through a difficult time, I know that doing things I enjoy – such as reading, listening to music, going out in nature – helps to lift my mood. It is a distraction from issues that may be weighing me down. It gives me a chance to get out of my own head for a while."

Alessandra, hY NRG member
(headspace Youth National Reference Group)

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a healthy headspace.

The things you do and your mood

The activities you make time for have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from hard times, and build some fun in your life. Likewise, when you set and achieve small tasks that are important to you (such as completing homework or giving back to your community) it can help to create a sense of accomplishment and meaning.

In a nutshell, doing 'stuff' matters. Yet, if you're going through a difficult time, doing anything can seem like a lot of effort. And if you're feeling low you may lose interest in things you once enjoyed.

So, what should you do? The key is to focus on doing – even if you don't want to or feel like it. As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.

Here's how 'doing stuff' can help your headspace:

- give you a sense of achievement and purpose
- build your confidence
- lift your energy
- improve your motivation
- it can help get you out of a rut if you're not feeling energised.

Ask an expert: how can I do more stuff?

Here's how our headspace experts suggest you get started:

- **Set small goals.** Setting and achieving goals builds confidence and self-worth. Think of a small task you want to do every day (maybe it's making your bed, going for a 15 minute walk or calling a friend for a chat). It can be anything, the important thing is to set the goal and follow through.
- **Find activities you enjoy.** If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start.
- **Make a schedule.** When you think of an activity, make time for it. Look ahead at your week and block out some time for the things that you enjoy.
- **Persist.** Find ways to follow through with your scheduled activity, even when you don't feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this.
- **Reflect.** Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.
- **Be kind to yourself.** Maybe you try a new hobby that you're not great at, but think of it as making time with yourself to learn and grow. Keep persisting and enjoy the journey of learning.

When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like exercise, eating well, and spending time on your relationships are also important for good mental health.



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.
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NOVEMBER 20 - 21

Would you like to learn how to create change in your community?
To create a business that creates social impact? We are now
looking for 8 teams of 5 students per team to join the Young
Change Agents program at Muwillumbah High School!



Over the course of 2 days, students will work in teams to create a
vision map, understand root cause, practice ideation & design
thinking techniques, create a social enterprise model, undertake
market validation, prototype, form a budget and pitch ideas.

It's fun, fast and packed with practical entrepreneurship and
leadership skills.

TO SIGN UP SEE MR KENNEDY

WWW.YOUNGCHANGEAGENTS.COM