

# ENDEAVOUR

**MURWILLUMBAH HIGH SCHOOL**

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**INSPIRING EVERY STUDENT  
EVERY DAY**

**ISSUE 7: 7 AUGUST 2019**

## Visitors from Japan

From 27 July to 5 August, seven students from Hinohara Junior High School and three students from Toshima Junior High School along with their teachers, visited Murwillumbah High School and participated in a cultural immersion program. It was a hectic ten days with students involved in cultural activities, classes and an excursion to Paradise Country.

This is an annual visit to Murwillumbah High School and the visiting staff commented on the exceptional behaviour of our students, the welcoming feel of the school and the success of the program. Thank you to the families who opened their homes to host the visiting students. We look forward to continuing the relationship with Hinohara and Toshima Junior High Schools and their return next year.

(See photographs below and page 2)



## UPCOMING EVENTS

This calendar is available on the Murwillumbah High School webpage

[www.murwillumb-h.schools.nsw.edu.au](http://www.murwillumb-h.schools.nsw.edu.au)

Monday	12 August	Year 12 Trial HSC Exams
Tuesday	13 August	Year 12 Trial HSC Exams
Wednesday	14 August	Year 12 Trial HSC Exams
Thursday	15 August	Year 12 Trial HSC Exams
Friday	16 August	Year 12 Trial HSC Exams
Monday	19 August	Year 12 Trial HSC Exams
Tuesday	20 August	Year 12 Trial HSC Exams
		P&C Meeting 6pm
Wednesday	21 August	Year 12 Trial HSC Exams
		Year Meetings
Thursday	22 August	Year 12 Trial HSC Exams
Friday	23 August	Year 12 Trial HSC Exams
Tuesday	3 September	FNC Rugby League Knockout
Thursday	5 September	Year 10 "Take a Stand"
Sunday	8 September	NC Water Polo
Tuesday	10 September	Formal Assembly
Thursday	12 September	NC Boys Futsal
Friday	13 September	NC Girls Futsal
Monday	16 September	Year 11 Preliminary Final Exams
Tuesday	17 September	Year 11 Preliminary Final Exams
		P&C Meeting 6pm
Wednesday	18 September	Year 11 Preliminary Final Exams
Thursday	19 September	Year 11 Preliminary Final Exams
		Youth Frontiers Showcase 12-5pm
Friday	20 September	Year 11 Preliminary Final Exams
		Year 7/8 Girls Cricket Gala Day
Monday	23 September	Year 11 Preliminary Final Exams
Tuesday	24 September	Year 12 Graduation Assembly 10am
Wednesday	25 September	Year 11 Preliminary Final Exams
		NC Boys Cricket
		Year 12 Formal 6pm
Thursday	26 September	Year 11 Preliminary Final Exams
Friday	27 September	Year 11 Preliminary Final Exams
		Term 3 Ends







## Principal's Report

Welcome to Term 3! This is an incredibly busy term. Our HSC students are undertaking their trial HSC and many of them are concluding their major performances and projects. As a Senior Executive team the Deputy Principals and I have been meeting every 30 days with the HSC teachers. In addition, I have been meeting on a regular basis, a number of our HSC students. During the sessions we discuss the best strategies for students to get the most out of their learning. I encourage all of our Year 12 students to take on the advice of their teachers and to focus on the weeks ahead.

This term commenced with an excellent school development day. We combined our professional learning with the staff from Uki Primary and Murwillumbah East Primary Schools. In the morning sessions we focused on the dispositions that we all need to be great learners. We then participated in a market bazaar where we shared the teaching and learning ideas that are proven to improve student engagement. One of the "market stalls" was designed and run by a small team of our Year 7 students who gave up time on the last day of their holidays to teach the teachers. Their presentation was amazing. In the afternoon we undertook sessions in trauma training, building our capacity to teach and support students who have encountered trauma in their lives. It was a valuable day.

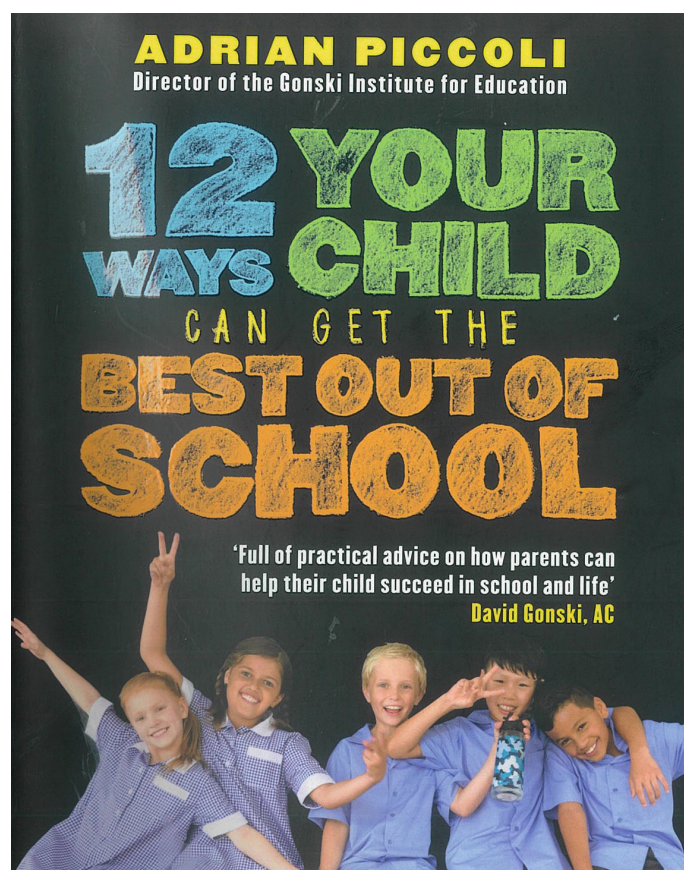
A book came across my desk recently, *12 Ways Your Child Can Get the Best out of School* by Adrian Piccoli. I have included a copy of the cover (opposite) in the newsletter because it is full of great advice for parents of both primary and secondary aged students. There is some terrific and practical advice in the book about managing screen time. In the coming few newsletters I will share some of Adrian's words, starting with some considerations to the question Do Smartphones have a Place in Schools?

It's absolutely fantastic that technology allows us to connect with more people more often and in new ways. But that power comes at a cost for students. It's right at a crucial time of their lives when they are developing the social and emotional skills that allow them to develop good, strong and stable relationships. Time spent on phones is time away from social interaction. Listening to someone speak and looking at them at the same time is all part of understanding human emotions, something that can't be done with texts, emails or social media. Too much screen time can cause anxiety and can also contribute to parent-child conflicts.

Our Executive team are currently reviewing our mobile phone policy. At Murwillumbah High School, phones are not to be seen in class unless the teacher has given permission, otherwise there is no need for a phone to be used during class time. Piccoli points out "It is highly disrespectful to teachers to have students use phones in class for non-learning activities. It can hamper the social development of students, especially when they should be socialising face to face." Students need to develop the skills for responsible phone usage as they will find that most workplaces will expect appropriate use of personal mobile phones. I will keep our community informed if there are going to be any changes to our mobile phone policy.

Well done to our Year 7 students who presented their ecology projects last week. I was very impressed!

Peter Howes



## 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\\_campaign=HSC\\_Minimum\\_Standard](http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard?utm_source=TractionNext&utm_medium=Email&utm_campaign=HSC_Minimum_Standard)

## Sport report

On Wednesday 24 July, Gefen Bergman travelled to Grafton to trial for the North Coast Tennis Team. He was successful and will now compete in the state titles in Wollongong.

On Friday 25 August the NSW All Schools Cross Country Championships were held at Eastern Creek Raceway. Hayley Bendl was our top competitor and placed 23rd out of about 200 Combined High Schools, Catholic and Independent runners. Other students included Jasmine McCabe (68th), Tabitha Ford (71st) and Connor McCullough (94th).

On Tuesday 6 August the U16 Rugby League team competed at Kingscliff High School for the Titans Nines gala day. Mr Forrester's team played four games and won them all. This included an 11-6 win over Kingscliff in the final. The team will now take their place in the area finals to be held in Lennox Head. Special player mentions came for Mykelan Blacklock, Adam Mayfield and Riley Lack.

The Bolt For Gold series continued with last week with 36 participants. The winners were Daniel Hayman and Peri Hynes who both earned a \$25 canteen voucher. Thanks again to our sponsors Murwillumbah Sportsworld and Biltsoft Dentists (see poster below). The next Bolt for Gold opportunity will be on Thursday 15 August, so download the app if you have not already done so and have a go.

Tomorrow, ten students have a very early start (Murwillumbah bus stop 3:50am) for the North Coast Athletics Trials in Coffs Harbour. We wish them all well.



## Statement of Accounts

Statement of Accounts are being mailed to families this week. The preferred payment option is via the **MAKE A PAYMENT** tab on the Murwillumbah High School webpage.

The office is open between 8.30am and 3pm for payments in cash or by credit card and EFTPOS.

For telephone payments using your credit card please contact (02) 6672 1566.

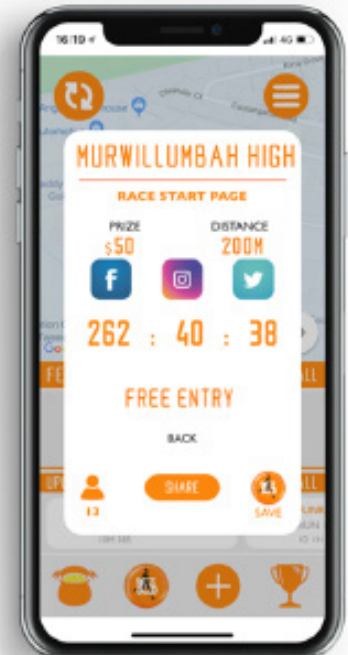
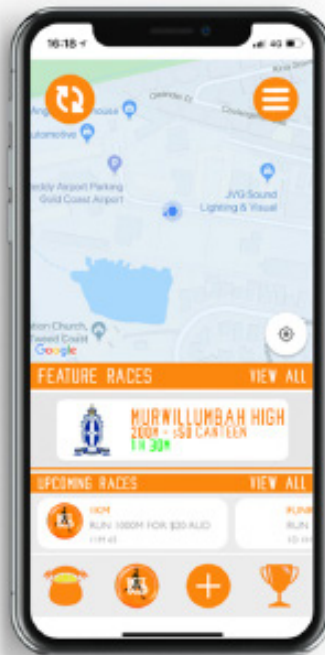
## BOLT FOR GOLD M'BAH HIGH SCHOOL

WALK, JOG SPRINT OR PUSH WITHIN THE SCHOOL GROUNDS ON THE BOLT FOR GOLD APP.

WIN FIFTY DOLLARS IN CANTEEN VOUCHERS.

BOLT FOR GOLD EVENT DATES:

- Thursday the 27th June: SPORTS WORLD HOLIDAY
- Thursday the 1st August: BILTOFT DENTIST
- Thursday the 15th August: SPORTS WORLD
- Thursday the 29th August: BILTOFT DENTIST



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[murwillumbahhighschoolpc@gmail.com](mailto: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 next meeting will be held at **6pm on Tuesday 20 August**. 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. A big thanks to everyone who supported the P&C raffle fundraisers during Arts Week. Over \$500 was raised to assist in the purchase of new AV equipment for the Elliott Centre.

### 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 are currently being assessed for compliance with the NSW Healthy School Canteen Strategy- Food and Drink Criteria. 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.

<b>Canteen roster</b>				
<b>Monday 12 August</b> Nola Willows	<b>Monday 19 August</b> Deb Hall	<b>Monday 26 August</b> Jo Plummer	<b>Monday 2 September</b>	<b>Monday 9 September</b> Deb Hall (Sam away)
<b>Monday 13 August</b>	<b>Tuesday 20 August</b>	<b>Tuesday 27 August</b>	<b>Tuesday 3 September</b>	<b>Tuesday 10 September</b> Deb Hall (Sam away)
<b>Monday 14 August</b>	<b>Wednesday 21 August</b>	<b>Wednesday 28 August</b>	<b>Wednesday 4 September</b>	<b>Wednesday 11 September</b> Deb Hall (Sam away)
<b>Monday 15 August</b> Gregg Family	<b>Thursday 22 August</b>	<b>Thursday 29 August</b> Donna Rayner	<b>Thursday 5 September</b> Deb Hall (Sam away)	<b>Thursday 12 September</b> Deb Hall (Sam away)
<b>Monday 16 August</b>	<b>Friday 23 August</b>	<b>Friday 30 August</b>	<b>Friday 6 September</b> Deb Hall (Sam away)	<b>Friday 13 September</b> Deb Hall (Sam away)

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

## how to deal with a relationship break-up

### Dealing with relationship break-ups

Relationships begin and end all the time. It's a normal life experience and it doesn't mean you won't be close to someone again. A relationship break-up can be tough no matter what the situation. Everyone feels different when they're going through a break-up. It's OK to feel sad, angry or let down – lots of people do.

Sometimes you need to prioritise looking after yourself and there are things that you can do to make it easier to handle. Things like hanging out with friends, eating healthily and making sure you sleep well.



**It's OK to feel sad after a break-up and it can take time to get over the loss of a relationship**

After a break-up many people experience a range of feelings, like sadness, anger or guilt – which may lead to feeling rejected, confused or lonely. You might even feel relief, which can be just as confusing.

Some feel as though their world has turned upside down and that things will never be good again. Many feel restless, lose their appetite and have less motivation or energy to do things. It might be tempting to try and move on quickly – but it takes time, work and support.

### Actions to help you after a break-up

- Give yourself some space. It might be helpful to try to have some space from the person for a while after the break-up – this can mean online, too.
- Keep busy. You might find yourself with too much free time on your hands, especially on weekends. Plan ahead and do things that you usually enjoy.
- Talk to friends and family and others who can support you. It's OK to want some time to yourself but hanging out with supportive people can help get your mind off things, and get a different perspective.
- Take time out for you. Do things that you find relaxing, like watching a movie, playing or listening to music, meditating, reading or playing sport.
- Try not to use alcohol and other drugs to deal. While they might help you feel better at first, the after-effects will leave you feeling much worse.
- Give it time. Allow yourself time to cope with the change.
- Try to get regular sleep and exercise.

### Advice from our headspace clinicians

- It may take some time to get over. Recognise there will always be good moments and bad moments, which will turn into good days and bad days. Whatever you're feeling now won't last forever.
- If you ended a relationship it doesn't necessarily make the breakup decision any easier.
- If someone broke up with you, it doesn't mean anything is wrong with you.
- Many people feel upset or angry during this time. Always make sure you express your feelings in a safe way – for yourself and others.
- It's better to be single than in a bad relationship. Remember – you don't need a partner to feel happy.
- Try not to worry about how the situation will look to others. Now is the time to focus on your own self-care.
- A break-up is an opportunity to learn more about yourself and what you want in future relationships. Working on yourself is the best way to be in a position to have a good relationship.
- With time and support you can pull through a relationship break-up and come out as a stronger and more resilient person.

### How to break up with someone

Be considerate about how you end a relationship. Always think about how you would want to be treated in the same situation.

Try to end things in a way that respects the other person, but be honest. Be clear and tell the other person why the relationship is over. Understand that the other person might be hurt and possibly angry about your decision.

Try to end the relationship in person, rather than by text or online.

### When your ex moves on

It can be really upsetting if you find out that your ex has a new relationship. Try to avoid thinking about them being with someone else. Don't contact or post about your ex and lash out at them, because this won't make you feel any better.

If you're feeling angry or jealous when getting over a difficult break-up, it's important to remember to stay safe. Get help and talk about it with someone you trust.

### Thinking about a new relationship?

It can help to take some time out before beginning another relationship. Think about what you want in your next relationship, such as having more independence or being more honest with the other person.

Remember that being in a relationship won't necessarily make you feel happier. Getting more confident and comfortable about being single is also a healthy step.

### When to get some help

Break-ups can feel like the end of the world, but most people work through them in time and without any serious problems. Sometimes a break-up can lead to someone experiencing other problems, such as depression. These feelings can affect your daily life and stop you from doing the things you enjoy. If it's been longer than two weeks, it's time to take action.

If you feel unsafe in any way, or you're struggling to move on (for example, if you're feeling jealous or angry, or notice yourself constantly checking their online activity), it's important to talk things through with someone you trust. This may be a friend or family member. Your general practitioner (GP), a counsellor, or someone at your local **headspace** centre can also provide you with confidential support.



**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](https://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. Version 1.0, 13 April 2019



Family ~ Fun ~ Fitness

**SIGN ON**  
**Sundays 18 & 25 August**  
**9am - 11am**  
**Walter Peate Oval, Kingscliff**

Join the Tweed Little Athletics team!

Learn new skills in running, jumping & throwing  
while making friends and keeping fit!

Competition days are Saturday mornings at 8am.  
Walter Peate Oval, Kingscliff.  
Season commences 7 September.

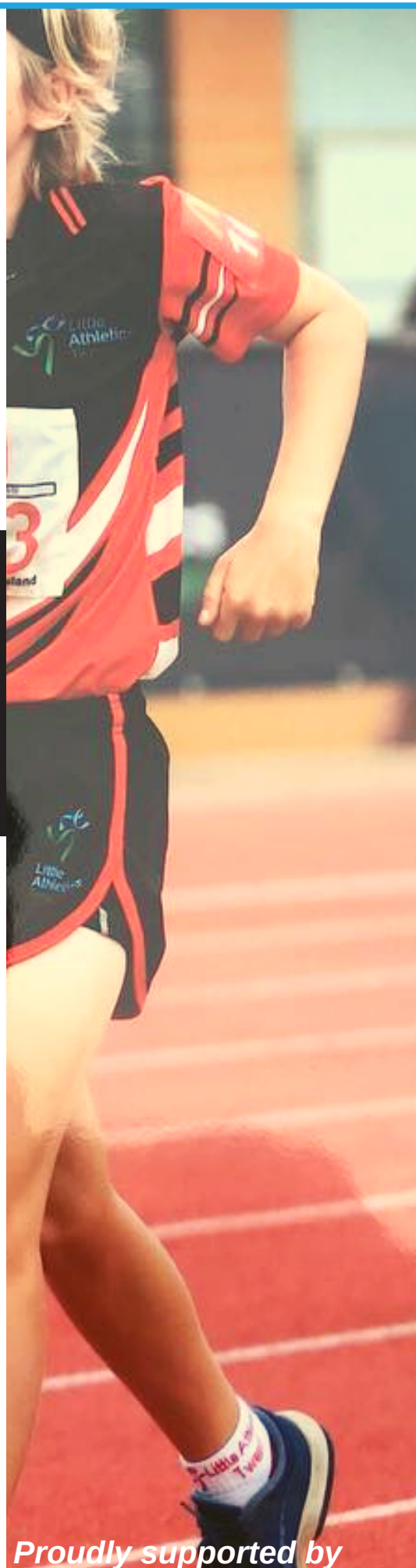
Come along to sign on day or join online from  
1 August 2019.

[www.tweedlac.org.au](http://www.tweedlac.org.au)

**Contact:**

Andrew (Centre Manager): 0416 072 375.

Sheree (Secretary): 0417 599 829.



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