

ENDEAVOUR

MURWILLUMBAH HIGH SCHOOL

86 Riverview St, Murwillumbah, NSW 2484

Tel: 02 6672 1566 Fax: 02 6672 5510

Email: murwillumb-h.school@det.nsw.edu.au

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



**INSPIRING EVERY STUDENT
EVERY DAY**

ISSUE 8: 28 AUGUST 2019

2019 NSW Minister's and Secretary's Awards for Excellence Murwillumbah High School takes out Secretary's School Achievement Award

Outstanding student achievement and inspiring public education staff as acknowledged last night when over 110 individuals and schools were honoured at the 2019 NSW Minister's and Secretary's Awards for Excellence.

The annual awards showcase NSW public school students, teachers, staff and parents who have made major contributions to their school communities and serve as role models to their peers.

They also acknowledge schools that have embraced innovative programs to turn around school results and are changing the way education is delivered within the government system.

The NSW Minister for Education and Early Childhood Learning, Sarah Mitchell, said the awards affirmed the high standards and dedication that underpinned the public school system.

"These awards highlight the tremendous contribution

community make to public education in NSW as we strive for learning and teaching excellence," Ms Mitchell said.

Below is the citation for Murwillumbah High School.
Murwillumbah High School
Learning through Engagement, Agency and Passion (LEAP)

Since 2017 Murwillumbah High School has significantly improved outcomes for students through focussed leadership, a strong professional learning program and innovative approaches to enhancing student wellbeing and engagement. A unique curriculum structure introduced in 2017 alongside deep community partnerships are having a positive impact on our rural students. Off task behaviours have declined by 43% and enrolments have increased by 33% in the past two years. The school is now recognised for its innovative curriculum structures driven by collaborative practices, which have become the norm at Murwillumbah High School. Teacher conversations are now centred on teaching and learning, not student behaviour.

(photograph below)



Fortnite and gaming tips for parents

In 1978 the first Space Invaders machine was unpacked at an arcade in Japan. Since then, adults have had concerns over young people losing their souls to video games. Gaming is now everywhere. After 40 years, the gaming industry has become very accomplished at creating powerfully addictive entertainment.

The obvious example in 2019 is Fortnite, an online shooter which, in its famous (and free) Battle Royale mode, pits the player against up to 99 other combatants in a cartoonish fight to the virtual death. Bright and playful (and lacking gore), Fortnite has become a phenomenon since launching in 2017.

Fortnite appeals to a broad demographic as it's free to download, fun, colourful. Although we have seen changes when we discuss Fortnite in-school talks from elation (where the whole room would scream with excitement no matter what the age group) through to a collective eye roll (where some kids that still play it don't let onto their friends for fear of being seen as uncool). It is always played, and it is still being talked about at school. It is a global phenomenon, made even more famous by sportspeople celebrating on the playing field with Fortnite dance moves."

Fortnite has prompted a controversy over its addictive qualities. Stories have emerged around the world of teens and children playing the game for up to 12 hours a day. Safe on Social has seen this first hand with young people asleep in school libraries during lunch and Teachers are explaining to us, "they are a gamer."

Even if your child's Fortnite "habit" is modest, you may have concerns as to whether your kids have an unhealthy relationship with the popular shooter game. Very few young people can stop after a short period as many games reward long playing times and playing daily.

It is useful to look beyond the old argument of banning or not prohibiting games outright. Rather than banning, we need to look closer at the time spent online gaming is time not spent playing outside developing physical and social skills, time spent doing activities that are proven to increase happiness and wellbeing.

Set healthy boundaries:

Kids respond well to healthy boundaries and form life-long healthy habits from them. Set time limits, keep gaming consoles out of the bedroom where you can hear and see what a lot of what is happening as you go about your own business.

Respect classifications:

Classifications are in place for a reason, and in some cases, you can be fined for ignoring them. Safe on Social is seeing far too many young people (from Year 1) playing R and MA15+ games. Please check the classification before you allow your child to play a game. They are exposed to things that, in some cases, they are not able to handle emotionally at such a young age. And with shooting, rape and other violence in games there is a global concern around desensitisation in young people.

Don't reveal any personal information to other players:

Stranger danger is 24x7 make sure they never meet up with someone they have met online.

Make sure game software is kept up to date:

Don't forget!! Your credit card is often attached, and software updates always include security patches to make sure that your credit card details can't be hacked and stolen.

Watch out for scams:

If you type "free Vbucks" into Youtube, you will see more than 4 Million results. All set up to. Scam your credit card. Make sure you speak to your child about this and that they know that the only place they can get Vbuck is in the game store. Better still, get them a kid's Visa/Debit card. Put their pocket money and birthday money on it, and then they will learn the value of money, and you can teach them how to budget at the same time.

Find out how to block and report:

Learn how they can communicate with strangers in the game and at a minimum, learn how to block and report so you can help your child if they are being bullied or harassed. Remember that the average age of a gamer is 34-36yrs.

Think about your own screen use:

Children take their cues from adults. Bluntly telling your kids to wrap up their Fortnite session while you are yourself glued to your phone sends mixed signals.

Play the game with your child:

Acknowledge their gaming as a legitimate interest rather than an activity to be demonised. Let them know you are willing to meet them halfway and that you understand gaming isn't just a time-waster; there is a greater chance they will reciprocate when you suggest a non-screen-based activity.

Look at the home environment and talk to your child:

Gaming is often escapism, and there may be a reason

your child is trying to shut out the real world — and you in particular. What's going on that might cause your child to keep you at arm's length? Excessive game playing can be used as a thought blocker to cope with stress.

Encourage healthy habits and interaction with nature:

Sitting around the house all day can lead to boredom, and Fortnite is a ready alleviator of that boredom. So consider activities that will get kids off the sofa and out in the fresh air. Go on a family bush walk or picnic somewhere, plant a small veggie patch in the backyard. You don't have to take them surfing or horse-riding every day. It is enough that you do something that is fun and involves leaving the house. Whether it's growing veggies in the garden or building a model plane together, kids love meaningful collaboration with their parents. A long-term project in which you have a shared interest will also allow you to bond.

Allow access only after homework and other household chores are done:

Consider whether your child should be allowed to play before they have, for instance, done their homework. The consensus is that it is best that online games are reserved for after everything else has been done.

Don't let gaming consoles become the babysitter:

If you find yourself relying on video games to keep your children quiet, reflect on whether it is you, or your child who has developed the addiction. Not all video games are created equal. Even if you have decided to allow games, you might wish to steer your child towards a non-violent and creative entertainment, such as Minecraft, rather than the mass shoot-out that is Fortnite.

safeonsocial.com

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

Tell Them From Me Student Survey

Parent FAQ document for the student survey:

https://surveys.cese.nsw.gov.au/images/FAQs/TTFM_Student_Survey_FAQs_Parent_and_Carers_T12019e.pdf

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

You may remember that our students also participated in a Tell Them From Me student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used Tell Them From Me to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

More information about the survey is available at:

<http://surveys.cese.nsw.gov.au>

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 26 August and 25 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 30 August 2019. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

As part of the 'Tell them From Me' Student Survey we are giving parents the opportunity to have input as well. A specific parental survey has been created and we invite all parents to participate. The survey is available at the link below and is entirely anonymous and confidential.

<http://nsw.tellthemfromme.com/murwillumbahhighschool>

The consent form and FAQs are available in 23 languages.

Principal's Report

I am very pleased to inform you that the school has been awarded The Secretary of Education award for Outstanding School Achievement. The award is in particular to the innovative Stage 4 LEAP program. The award is prestigious and only a very small handful of schools in the State achieve such recognition each year. I would like to congratulate our amazing team of teachers and SLSOs who have contributed to the development of the LEAP program over the past three years.

I had the pleasure of taking a small team of staff to the Awards Ceremony in Sydney's Town Hall last Tuesday evening this week. We had opportunity to chat to the Education Minister, Hon. Sarah Mitchell and Secretary of the Department of Education, Mark Scott. It was absolutely terrific to see Murwillumbah High School being recognised amongst what was predominantly metropolitan schools.

This week we celebrated the outstanding work of our school support staff. A school like ours is a very big organisation and could not run without the support of our administrative staff, grounds staff, science, library and food assistants. We also celebrated the fabulous work of our student learning support officers (SLSO's) who work tirelessly across the school in our specialist support classes to help our students to thrive in their learning and wellbeing. Our SASS staff work tirelessly, are incredibly versatile and always greet us with a smile. On behalf of the students and staff we thank you!

The link for the Tell Them From Me survey has been sent out to parents. It is an anonymous survey. The feedback the survey provides is very useful in informing us about the way we need to continue to improve the school. This year we have included a question about mobile phones in school. Our team who are reviewing the school process for mobile phones would appreciate as many responses as possible. I encourage you all to take a few minutes to complete the survey. Students and staff will soon be asked to complete the survey.

Year 12 students are in their final weeks of formal classes. It is important that each student attends every class and applies themselves diligently. There are a number of performances and projects that are being completed over these weeks and it can be quite stressful. Parents are key to helping support Year 12 students over the next few months. I've listed a few ideas:

- It is important to encourage and monitor eating healthy food, do some exercise each day, get 8 hours of sleep and drink water
- Ask about the school work. Try to ask open ended questions such as: Where do you think you are doing

well? What areas do you think you need to improve? How can I support you?

- Talk to your son/daughter about the results of their trial exams. Be supportive. It is about doing their personal best.
- If you have concerns encourage your son/daughter to touch base with Mr Marshall, their class teacher, the counsellor or Mr Bristow.

As of next week I will be taking leave until the end of the term. Mrs Bush, our Deputy will also be taking leave from Week 8. Mr Bristow will be relieving Principal.

Mr Wemm will relieve as Deputy Principal for Mr Bristow. Mrs Butler will relieve as Head Teacher Maths.

Ms Paron will relieve as Deputy Principal. Mr Marshall will relieve as Head Teacher PDHPE.

Mr Wemm and Ms Paron will continue to teach their HSC classes. Mr Mitchell will teach Mrs Bush's Y12 English class.

Peter Howes

UPCOMING EVENTS

This calendar is available on the Murwillumbah High School webpage

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

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

Sport report

On Thursday 8 August, ten students travelled to Coffs Harbour for the North Coast Athletics Trials. Five students qualified for Combined High Schools State Championships to be held at Sydney Olympic Park.

Hayley Bendl (17 years 800m and 1500m), Shiloh Jacobsen (15 years High Jump), Imogen Scott (14 years High Jump, Discuss, Shot Put & 1500m walk), Brady Turner (14 years Discus) and Tom O'Brien-Freeman (Junior Multi Class Shot Put, Long Jump, 200m and 100m, Discus and Javelin) This fantastic result should see Tom awarded the North Coast Jnr Multi Class Age Championship.

On Saturday 10 August the local sporting car club constructed a small race track at the Murwillumbah Showgrounds. About fifteen entrants attended, including many good rally drivers from the Gold Coast. The overall winner was Connor Morris, with 2nd to Nat Harnett, both Murwillumbah High School Year 11 students. They drove fast, but were always in full control around the tight track. Thanks to Mr Boyd Martin who helped on the day.

Andras Andrew was the winner of the \$50 canteen voucher in the most recent Bolt For Gold. One more event remains in this series on Thursday 29 August.

The next sports events will be the Girls Futsal (10 September) and Boys Futsal (17 September) at Byron Cavanbah Centre. Can all students ensure they get their \$20 and permission notes to the front office ASAP.

Best wishes also to Gefen Bergman who travels to Wollongong for the State Tennis trials in Week 8.

In non-sports news, on Thursday 15 August the school hosted a visit of around 20 ex-students who completed the leaving certificate at Murwillumbah High School in 1959. They enjoyed an afternoon

catching up, looking at school photos and memorabilia from that era. The group were joined by Ms Lenhardt's Year 7 Humanities class who sat and listened to several of the ex-students recall stories of what life at Murwillumbah High School was like 60 years ago. The reunion group also enjoyed coffee and fresh scones provided by Mrs Matthew's LS2 class, the "Yes We Can Café". The day ended with the group planting a *Syzygium Moorei* (photograph below), which is a rare sub-tropical rainforest tree, growing on volcanic soils in the Mount Warning (Wollumbin) area of north-east New South Wales and south-east Queensland. Common names include coolamon, watermelon tree, durobby and robbly; it is also called rose apple but this can refer to many species of *Syzygium*.

Information from Southern Cross Uni

STAR Early Offer

Take advantage of Southern Cross University's STAR Early Offer program, available exclusively to Year 12 students. You can pursue your dream degree or simply expand your options. This free program allows you to find out whether you have an offer into university before your ATAR is released, based on your school's recommendation. An application will take you under 10 minutes but be quick, as applications close on 13 September 2019!

Head-Start

Applications are now open for Southern Cross University's Head-Start program. Students who are currently in Year 10 or 11 are encouraged to apply now to start in 2020. On the completion of the program and Year 12 studies, students will have a guaranteed offer into a Southern Cross University degree. For more information on eligibility, please visit scu.edu.au/headstart.





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 17 September**. 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.

Upcoming fundraiser: Bunnings BBQ Saturday, October 26th. More details to follow.

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 2 September	Monday 9 September Deb Hall (Sam away)	Monday 16 September	Monday 23 September Jo Plummer
Tuesday 3 September	Tuesday 10 September Deb Hall (Sam away)	Tuesday 17 September	Tuesday 24 September
Wednesday 4 September	Wednesday 11 September Deb Hall (Sam away)	Wednesday 18 September	Wednesday 25 September
Thursday 5 September Deb Hall (Sam away)	Thursday 12 September Deb Hall (Sam away)	Thursday 19 September	Thursday 26 September
Friday 6 September Deb Hall (Sam away)	Friday 13 September Deb Hall (Sam away)	Friday 20 September	Friday 27 September Deb Hall - End of Term 3

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

14 SEPTEMBER 9 AM - 1 PM



TAFE^{NSW}

OPEN DAY

**BE IN A CAREER
YOU LOVE**

- Discover over 1,200 courses, diplomas and degrees
- Explore state-of-the-art facilities and connect with industry-expert teachers
- Join in live demonstrations, workshops and interactive displays
- Experience all that TAFE NSW has to offer

REGISTER NOW

TAFENSW.EDU.AU/OPEN-DAY

OR CALL 131 601

BE AMBITIOUS



how to help

a friend going through a tough time

When you know a friend is going through a tough time, it can be hard to know what to do or say.

Helping a friend who's having a tough time

When you see a friend having a tough time, it's a good idea to reach out and offer support. You might have noticed they don't seem like themselves, or they're not acting the way they normally do. Finding the words to start a conversation isn't easy, especially when you don't know what kind of help you can offer. It can make a big difference to someone experiencing difficulties.

It can be as simple as checking in, letting them know that you care and that you're there to help them. Let your friend know what changes you've noticed, that you're worried about them and that you'd like to help.

Even if they don't open up much at first, simply showing you have their back can give your friend strength and hope. This also tells them that you're someone they can talk to if they do decide to open up later on.

What if my friend doesn't want any help?

Some friends need time and space before they feel ready to get support. Being afraid of things changing or being judged, can be a big factor in why people don't seek support when they need it.

You may need to be patient with your friend and try not to judge them or get frustrated if you can't get through to them at first. Remind them that you are there if they need you. Give them time.

Sometimes you might need to involve someone else – this may be a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the discussion.

Letting someone else know can be a difficult decision to make, especially if they don't want help. You might be worried they may lose trust in you. There's a chance your friend might feel like this at first but remind them it's only because you care. In the long run, they will usually understand why you got someone else involved.

If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to. If your friend needs urgent help you can call 000. You could also ask someone you trust, such as a parent or teacher for help.

What can I say to help my friend with their mental health?

It's important to encourage your friend to get further support. You can say things like:

- 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
- 'It doesn't have to be super intense and you can make choices about what's best for you.'
- 'Your GP (general practitioner) can actually help you with this stuff. You can find one that bulk bills, so you don't have to pay. I can go along with you, if you want?'
- 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut or youthbeyondblue?'
- 'Did you know that you can get free and confidential support online or over the phone from places like headspace, Kids Helpline and Lifeline? All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
- 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
- 'It's OK to feel this way and I'm here to have your back.' Make sure you validate your friend's concern and let them know they're not alone.

Looking after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace fact sheets to look after your own wellbeing and build your mental fitness every day.

Try to remember that you're their friend and not their counsellor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for yourself, your friend and the friendship.

If you're feeling overwhelmed and need support for you, it might be a good time to reach out for extra help. A good place to start is a trusted adult (e.g., family member, teacher or GP). You can also contact Kids Helpline (1800 55 1800).



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. Version 1.0, 13 April 2019



2019 Murwillumbah FC

JUNIOR SIX-A-SIDE

SIGN ON DAYS



SIGN ON DAYS AT MURWILLUMBAH FOOTBALL CLUB

CNR MOOLBALL ST & QUEENSLAND ROAD

MONDAY 26th August 4pm - 6pm

THURSDAY 29th August 4pm - 6pm

MONDAY 2nd September 4pm - 6pm

THURSDAY 5th September 4pm - 6pm

LAST SIGN ON

SATURDAY 7th September 8:30 - 10:30

COMPETITION RUNS

EVERY WEDNESDAY OF TERM 4 (10 weeks)

Use your 2nd Active Kids Voucher!

(Only redeemable for \$50 - balance of voucher is forfeited)

PARTICIPATION FEE \$50.00 PER CHILD PAYABLE AT TIME OF REGISTRATION
\$30.00 FOR THIRD & ADDITIONAL SIBLINGS WITH FAMILY DISCOUNT

WINNING IS OPTIONAL BUT HAVING FUN IS MANDATORY!!



Only **\$99 Membership**

Mondays 5.30pm at Tweed Regional Aquatic Centre - Murwillumbah

2019-2020 Season starts Monday 14th October 2019

Sign-up at our first meet on Monday 14th October.

Receive a FREE Club T-Shirt with your registration.

Use your Active Kids Voucher –
Murwillumbah Swimming Club is an
approved provider of the
Active Kids rebate.

Like us and Follow
us on Facebook for
all the latest details.

E murwillumbahswimmingclub@gmail.com



CUDGEN S-L-S-C

NIPPERS
2019/20

#1 REGISTER ONLINE

SLS.COM.AU/JOIN

FROM **SUN 1ST SEPT**



#2 POOL PROFICIENCY

KINGSCLIFF POOL

SAT 14TH SEPT, 10AM-12PM



**#3 CLUB OPEN & REGO DAY
& KIDS PARTY FUN**

SUN 15TH SEPT, 10AM-1PM



www.cudgenslsc.org.au