

# ENDEAVOUR

MURWILLUMBAH HIGH SCHOOL

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INSPIRING EVERY STUDENT  
EVERY DAY

ISSUE 9: 25 SEPTEMBER 2019

## Year 12 Graduation

The Year 12 Graduation Assembly held yesterday celebrated the achievements of this year's graduating students (photograph below). It was a great occasion with impressive performances by several of the Year 12 music students. The display of HSC Industrial Technology - Timber works in the library for parents and friends to see after the assembly showcased the talent of the students. Best wishes to Year 12 students in the HSC exams next term and we look forward to seeing them make the most of their skills and abilities into the future.

## 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	14 October	Term 4 commences for students and staff
Tuesday	15 October	P&C Meeting at 6pm
Thursday	17 October	HSC written Exams commence
Tuesday	22 October	Year 7, 8, 9 & 10 Parent Teacher Interviews Year 7 Vaccination Day
Monday	28 October	VALID Test (test window open until 8 November)
Tuesday	29 October	Beyond the Broncos Workshop No 4
Thursday	31 October	NC Futsal
Friday	1 November	FNC U15 Netball
		Murwillumbah Show
Saturday	2 November	Murwillumbah Show





## 2020 School Captains Elected

A big congratulations to our officially elected 2020 Murwillumbah High School Captains, Jasper Tiffen and Shelby Johnston and our Vice Captains, Ethan Graham and Riley Lack. The elections were co-ordinated by Mr Boyd Martin and his Year 9 HSIE students. Prior to election day the seven nominees for the positions presented speeches at a whole school assembly,

Congratulations Jasper, Shelby, Ethan and Riley. We look forward to enjoying 2020 under your leadership (photographs below).



## Year 7, 8, 9 & 10 Parent Teacher Interviews

Last week, students in Years 7, 8, 9 and 10 were issued with Parent/Teacher booking sheets for the parent teacher interviews on Tuesday 22 October. The role of students is to make appointments with their teachers on behalf of parents. If you need a copy of the invitation please contact the Administration Office. Copies can also be printed from the PUBLICATIONS tab on the Murwillumbah High School webpage. Interviews are by appointment and there is no guarantee of meeting with a teacher without an appointment.

## Visual Arts Exhibition

In early September we had the HSC Visual Arts exhibition of the bodies of work in the Library for Annaley Newman, Sienna Bennett and Molly McPherson. With over 20 people attending it was well attended by parents, grandparents, siblings and teachers. The following day, a number of students also had the opportunity to view the works in class

time with their Visual Arts teacher. The works will now be stored away in a secure place until the HSC markers visit in late October (photographs below).



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

### Class of 1969 Reunion

A lunch will be held in Sydney on Tuesday 12<sup>th</sup> November to celebrate the 50<sup>th</sup> anniversary of the completion of the Higher School Certificate.

Whilst a number of the class of 1969 have kept in touch over the years there are many we have lost contact with.

Details of the get together can be obtained from:

Robert Rae  
(02) 99602316  
Email – rrae@ozemail.com.au

Alternatively contact Tervor Gibson at - nosbig@bigpond.com

## Principal's Report

Well done on an outstanding, rewarding and very busy term. As we approach the end of Term 3 we reflect on our outgoing Year 12 cohort and the many positive contributions they have made to Murwillumbah High School over the past 6 years.

Yesterday we held the Year 12 Graduation Ceremony and it was a happy and at times emotional celebration of the entire year group. Lachlan Butler spoke from the heart and his words were indicative of how much passion our Year 12 students have for their school. His words and courage ensured there was not a dry eye in the audience, including the crusty old educator composing this report. I was struck by the support and genuine high regard that this group of students show for one and another. Their fundraising efforts were second to none and their contributions to the broader Murwillumbah community were greatly appreciated. All in all a job well done and we wish them all the best for their upcoming exams and for the next stage of their lives. They have set the bar very high for our incoming Year 12.

On that note it is my great honour to announce our captains for 2020;

School Captains: Jasper Tiffen & Shelby Johnston

Vice Captains: Ethan Graham & Riley Lack

Congratulations to these students and we look forward to working with you in leading our school.

Thank you to all the Year 11 students who nominated for the roles. Your speeches were outstanding and I look forward to working with all of you in your capacity as school prefects.

We have had a uniform blitz over the past weeks and I am happy to report that our students have responded positively and look fantastic. Thank you to all parents and carers for your support with this and thank you to the students for stepping up and meeting our expectations.

We encourage you all to complete the Tell Them From Me Parent survey. It is anonymous and provides the school with valuable data that enables us to plan for improvements and consolidate our successes. The survey was emailed to all parents and is available on our Facebook page.

This week our Year 7 group participated in a forensics day run by Education Interactive. Students were guided through a forensic case, "Case of Identity" examining evidence from a crime scene with authentic props to determine "who done it"! It was a wonderful learning experience where students collaborated in teams and with external experts to problem solve a real crime. A truly authentic and enjoyable learning experience was had by all.

Lastly I would like to wish you all a safe and happy break.

Luke Bristow  
Relieving Principal

## Sport report

The Combined High Schools State Championships were held from the 4 - 6 September at SOPAC. We had four students attend with some great results.

Hayley Bendl competed in two individual events – the 17 years 800m where she placed fourth in her heat (2:23.44 sec) and then sixth in the final (2:30.20 sec). In the 1500m she placed eighth in a time of 5:14.00. Hayley was once again invited to be part of the Regional 4 x 400m relay who won Bronze last year. With Hayley running the final leg this year, the girls earned first place and the Gold medal against usual winners Sydney North or East.

Tom O'Brien-Freeman was also very successful in the Junior Multi Class (MC) category competing in all 7 events. His best results were in the Javelin where he earned Gold (21.39m), Discus (Silver - 23.01m) and Bronze (200m - 28.06). He also just missed a medal with fourth in both 100m (13.56) and Shot Put (8.13m). Tom also placed sixth in the Long Jump. Imogen Scott competed in three events – in the 13 years Shot Put she placed fifth (10.19m), seventh in the Discus (30.74m) and tenth in the High Jump (1.45m). Brady Turner earned tenth place in the 14 years Discus.

On Tuesday 10 September Ms Turnbull travelled with the girls senior Futsal team to Byron Bay. They played three games for a win, draw and a loss. Special mention to Lahlia Everingham-Mills, Jemma Gilliland and Hayley Jones.

On Thursday the 12 September a large group of 20 girls participated once again in the Country Rugby League Tag Gala Day. Ms Dryden trained with the girls and entered three teams, 14 years and two 16 years. The girls had a great time and played enthusiastically throughout the day, but in the end League Tag was the winner. Special player mentions from Ms Dryden for Chelsea Vickery, Maddi Hayes and Shaylee Bradbury.

In Week 8 Gefen Bergman travelled to Wollongong to represent North Coast at the CHS Tennis trials. He won four matches and lost three to assist the North Coast team to second place overall.

On Tuesday 17 September Mr White travelled with the boys junior and senior Futsal teams to Byron Bay. The senior boys faced eventual winners Byron Bay in the first round and found the going tough but kept their heads held high. Round 2 saw them in a battle

for home town honours against Wollumbin. Scores were tied 4 all at the end regulation time and during drop offs only two players each remained standing when Matt Plater scored a searing goal to take the chocolates. Ben Lindsay and Jerson Taneo in goal also received special mentions.

The juniors faced a similar draw and identical fate with a loss to eventual winners Byron Bay and a win over Wollumbin. Daniel Le Dan, Cooper Stavar and Noah Walsh in goals played strongly.

## 2020 Senior Snow trip - Expression of Interest

We have sent out an expression of interest (EOI) note to attend a senior snow trip in the July school holidays next year. The trip ran for many years but has not had enough interest to run since 2016. Please read through the EOI note and return the last page to Mr Elder by 8 November (Term 4, Week 4). A deposit of \$200 will be required to secure your position by the 15 November, 2019 (Week 5) and a further \$200 by the end of this year.



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EVERY DAY**

**MURWILLUMBAH HIGH SCHOOL**

**YEAR 7, 8, 9 & 10  
2019**

**PARENT/TEACHER  
INTERVIEWS**

**4.00PM - 6.00PM**

**TUESDAY 22 OCTOBER**

*\* Interview booking sheet will be sent home with students*

*\* Tea and Coffee will be provided in the Elliott Centre*





[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 15 October**. 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, 26 October. 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.

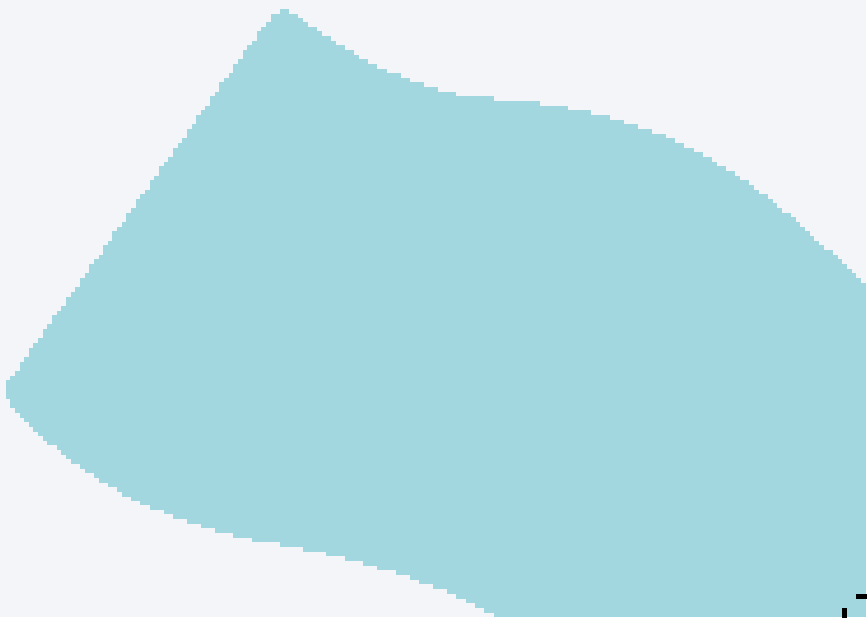
<b>Canteen roster</b>				
Monday 14 October	Monday 21 October	Monday 28 October	Monday 4 November	Monday 11 November
Tuesday 15 October	Tuesday 22 October	Tuesday 29 October	Tuesday 5 November	Tuesday 12 November
Wednesday 16 October	Wednesday 23 October	Wednesday 30 October	Wednesday 6 November	Wednesday 13 November
Thursday 17 October	Thursday 24 October	Thursday 31 October	Thursday 7 November	Thursday 14 November
Friday 18 October	Friday 25 October	Friday 1 November	Friday 8 November	Friday 15 November

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

tips to

# keep good mental health

**Good mental health and wellbeing allows you  
to live your life in a positive and meaningful way  
and cope with life's changes and challenges.**



## Keeping a healthy headspace

Good mental health is a state of wellbeing where you are able to work and study, feel connected to others, be involved in activities in your community and bounce back when life's changes and challenges come along.

### How can I boost my mental health?

Connect with others who share your interests and experiences to help you manage any way.

Take care of your body and your mind. Exercise, eat well, get enough sleep, and take breaks when you need them. Don't be afraid to ask for help when you need it.

Set realistic goals for yourself. Celebrate your successes, no matter how small. Take time to relax and recharge. Don't be afraid to ask for help when you need it.

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### How can I get help?

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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 a free and telephone support, visit [headspace.org.au](http://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 1800 651 147.

HeadSpace is a not-for-profit organisation that provides mental health services to young people aged 12-25. HeadSpace is a not-for-profit organisation that provides mental health services to young people aged 12-25. HeadSpace is a not-for-profit organisation that provides mental health services to young people aged 12-25.



*Only* **\$99 Membership**

**Mondays 5.30pm at Tweed Regional Aquatic Centre - Murwillumbah**

**2019-2020 Season starts Monday 14<sup>th</sup> October 2019**

*Sign-up at our first meet on Monday 14<sup>th</sup> 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](mailto:murwillumbahswimmingclub@gmail.com)