Ballina High School was first established in 1929 as an Intermediate High School. In 1956 the school became a High School. Ballina High School has a long tradition of excellence in academic, cultural and sporting endeavours. Students have gained district, Regional, State and National status in all areas of school life.

Fund Raising Success

Daffodil Day 2011

Students from Ballina High School who volunteered to assist the Cancer Council sold approximately $5000 worth of merchandise during Daffodil Day. Congratulations!

Legacy Day 2011

A huge day of fundraising successfully raised over $6000 for Legacy
MOVIE PASS GIVEAWAY

Question: Which country voted to keep the Queen in 1999?

Have your answer in by Wednesday,
Day 3, Week A, Recess.
Place your answers in the box on the Receptionist Desk at the Front Office.
Last weeks winner was Alisha Tabib Yr 11 with the answer “Bootlegger”.

Next P&C Meeting
Monday 19 September 2011 – 7.00pm
Every parent is warmly invited to attend

Manna by the Sea....
Counselling and Education Services
Offers a weekly time slot made available to those aged 16-18 years who may be experiencing early, warning signs of stress, anxiety and/or depression.

When Tuesday afternoons 4.30-5.30pm
Where Manna by the Sea Counselling Rooms
Shop 7, Tamar Centre, Tamar St, Ballina
Cost By donation
Contact Wendy 0432 382 394 or Christine 0427 224 740

POLICE TALK YR 7/8
All Year 7 & 8 students were given a presentation by Snr. Constable Kim Mewing the School Police Liaison Officer. It was very informative and well received by the students. A range of topics was addressed in particular bullying, cyber bullying, mobile phone use and safe practices for social networking. Sam Budden received a certificate of appreciation for his help and enthusiasm, he also received police issue sunglasses and a show bag with lots of great things. Congratulations Sam and thank you to Snr. Constable Kim Mewing for a great 2 days!

Ms Melissa Gold
People before the 1850s believed the Theory of Spontaneous Generation – the idea that under certain conditions, non-living material could turn into living organisms; eg rotting meat becomes maggots. Year 12 Biology students Emily Crozier and Sarah Short repeated Louis Pasteur’s famous experiment which proved the theory to be wrong. An open flask of boiled broth rapidly grew colonies of bacteria and fungus when it cooled while S-bent glass tubing, which lets air in but traps dust, kept the other flask sterile. Pasteur used this to prove that even bacteria had to originate from previously living bacteria. Pasteur’s original flasks are on display at the Pasteur Institute in Paris and his swan-necked flask is still sterile!

Mr John Kersaitis

Relieving Deputy Principal
Mr John Parker

has accepted the position of Relieving Deputy Principal from 9 September until the end of the year.

WORLD VISION

Lenore Dickson from World Vision visited the assembly to thank our school for their generosity once again. Lenore spoke about the work that World Vision does and her talk inspired many students to offer to take part in fundraising this term. Ms Melissa Gold from the Support Unit has very kindly offered to be the coordinator of this valuable project. A school community who are proactive in charitable work reaps the benefits of respect of the community, organisations who we assist, as well as the comfort of knowing that we make a difference in the lives of those not as fortunate. Ballina High has a strong tradition of supporting many charities which highlights to all a fundamental and positive imagine.

Also pictured here is Morgan Gibson Year 9 who made a fantastic effort in fundraising last year. She was presented with a T-shirt thanking her for the wonderful energy she put into the fundraising. Students like Morgan are very much appreciated as they help to make a success of our efforts in raising money for Charities.

Mrs Kim Hernage, CLO

The eight students who were nominated for 2012 School Captain recently addressed the school at a formal assembly. They delivered very impressive speeches outlining what they believed the position entailed, and the personal qualities they would bring to it. The ballot is currently taking place, and the successful candidates will be announced at the Year 12 Graduation Assembly at the end of the term.

Mr Errol Ussher

WILDLIFE RESCUE

An early morning dispute in the animal kingdom resulted in an injured Yellow Wattlebird being taken to the vets. Alex Devitt in Yr 11 witnessed crows attacking the Wattlebird and shielded it from further injury. Megan Cathcart picked up the injured bird and took it to the library for triage. Mr Playford rang WIRES who asked Frances Eyre from Northern Rivers Wildlife Carers to take the injured bird to the vet.

Thank you to all involved.
Mr Andrew Playford

PRIORITY SCHOOLS PROGRAM
INFORMATION FOR PARENTS

As detailed in previous newsletters Ballina High School’s funding as a PSP school will be reviewed early in 2012. There are many benefits of receiving funding as a Priority school. One of the many programs funded is QuickSmart, a specialised Maths program which increases fluency in addition, subtraction, multiplication and division and assists students to develop effective strategies for use. The coordinator of QuickSmart is Angelique Sines and her position is funded by the PSP. Angelique says “The students in QuickSmart participate in focused, practice activities including speed sheets, flashcards and a computer program. Most of the program is set around the 4 operations but we also do problem solving, exam revision and work through any problems they may be having with their Maths work from class. We have had excellent results this year and the students try hard all the time. There’s nothing nicer than the student’s eyes lighting up because they have answered 6 extra flashcards than the time before.”

Mrs Kim Hernage, CLO
A series of seminars, talks and workshops on the steps and skills needed to succeed in getting from school to the workforce were held for Yr 9 recently. Mr Crane organised speakers such as Senior Constable Kim Mewing, Glenn Jeffrey from Southern Cross University, Ms Jill McCall School Based Apprenticeships and Traineeships Coordinator, Ms Renee Smith Human Resource Manager from Woolworths and Ms Ros Mayberry former Principal and now businesswoman. They were assisted by Mr Buchanan and Mrs Ferns who gave sessions on communications and strategies. All students will be involved in follow up interviews with their parents and carers about goal setting for the future.

Mr Andrew Playford

### Belvoir Street Theatre Excursion

On Wednesday 17th August, we were lucky enough to journey to Sydney. Most of us had to wake up at 4am to catch our flight. After a long scenic journey we arrived at Sydney Airport at approximately 8:30am, then purchasing train and bus tickets to navigate around the vast city of Sydney. I, never having visited this enormous city, was mesmerised by the beautiful sights and sounds.

After wandering and eating our way through the heart of Sydney, we managed to make it to our destination; Belvoir Street Theatre, where we were then delighted to see a professional play “Neighbourhood Watch” about an old Hungarian lady who had blocked out the world due to the impacts she had experienced. She meets a much younger girl who helps her relinquish these walls she puts up but whilst in the process she also helps the younger girl to deal with the death of her boyfriend. The play was beautifully presented and the actors were amazing, resulting in this astonishing play.

Following this event, we were invited to a Q&A, where all the actors from the play would answer any questions we had relevant to them or the play. And we were also given a tour of the theatre. After seeing the play, we voyaged to China Town, splitting up into groups and purchasing whatever we liked. Making our way to Central Station we had to pass time by playing Drama Games and performing in front of everyone, earning quite an audience.

We then had to make our way back to the airport via train and have dinner at the airport. Not too long after we were snoozing on the plane home.

My highlight of the day was the beauty of seeing a city I had never seen and experiencing flying for the very first time. Overall it was a fabulous experience and I am ever so grateful for coming along. I would like to thank Belvoir Street Theatre for sponsoring us for this trip and allowing us to experience the beauty of a professional play.

Shannon Clayworth, Year 9

L-R: Mr Opie, Ms Grieves, Lady Katz (Playwrite), Megan Cathcart, Shannon Clayworth, Jodie Stockwell, Danica Ballard, Abbey McLaughlin, Katjana Schwab, Daniel Kapeen, Sammy Jo Coleman, Evan McGarrity, Emily De Maria, Ben Taylor, Sarah Bradley, Fabain Halverson-Dunwoodie, Alex Budden, Maggie McGinley

### Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Sep</td>
<td>Band Exc. Richmond Room Yr 11 Yearly Exams Start</td>
<td>Mr Willacy, Mr Parker</td>
</tr>
<tr>
<td>16 Sep</td>
<td>Year 9 &amp; 10 Drama to Byron Bay HS</td>
<td>Ms Grieves</td>
</tr>
<tr>
<td>19 Sep</td>
<td>Year 11 Yearly Exams P&amp;C Meeting for parents 7.00pm</td>
<td>Mr Parker, Mr Thomson</td>
</tr>
<tr>
<td>20 Sep</td>
<td>World Vision Mufti Day</td>
<td>Ms Gold</td>
</tr>
<tr>
<td>22 Sep</td>
<td>Yr 7-12 Aboriginal Students to Coffs TAFE</td>
<td>Mr Barker</td>
</tr>
<tr>
<td>23 Sep</td>
<td>LAST DAY OF TERM 3 Yr 12 Graduation Assembly 9-10.30</td>
<td>Mr Steer</td>
</tr>
<tr>
<td></td>
<td>2012 School Captains announced</td>
<td>Mr Steer</td>
</tr>
<tr>
<td>10 Oct</td>
<td>START OF TERM 4 Students Return to School</td>
<td>Mr Steer</td>
</tr>
<tr>
<td>17 Oct</td>
<td>Year 12 HSC Exams Start</td>
<td>Mr Steer</td>
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Librarians are highly trained teachers who are skilled in collecting, resourcing and providing accurate and meaningful information. In the world today, an amazing fact is that the volume of information is doubling every 5 to 6 years. Therefore, it is vital for students who are preparing for a lifetime of change to learn how to learn by getting to know their librarians well.

www.learningcurveplanner.com.au
Young People and Risk Taking

Risk-taking in adolescence is not only normal, it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends, feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk-taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

This year over 4000 students from 50 high schools from Tweed Heads to Port Macquarie will attend one of 8 RRISK Seminars to be held in:

- **Tweed Heads**: Tweed Heads Civic Centre on 10 and 11 November
- **Lismore**: Southern Cross University on 15, 17 and 18 November
- **Port Macquarie**: Panthers Auditorium on 22 November
- **Coffs Harbour**: Southern Cross University on 24 and 25 November

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. RRISK was identified as the first and only program to have resulted in a 44% reduction in road crashes for participants. An earlier comprehensive evaluation conducted between 2002-2005 found an increase in protective behaviour and a decrease in risk taking for those students who attended the seminars.

Look for information about the RRISK Program including all the evaluation reports at our website [www.rrisk.com.au](http://www.rrisk.com.au) and in this newsletter over the coming weeks.

Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 50% of males and 37% of females in this age group drink more than 2 standard drinks per day which is the low risk level recommended in the Australian Alcohol Guidelines. (NSW Population Health Survey 2009)

Paul Dillon from Drug and Alcohol Research and Training Australia (who is the keynote speaker at the north coast RRISK Seminars) said that many young people drink “to get out of it, to get wasted” and that “Australia is one of the few countries where binge drinking is acceptable”.

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk-taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. Parents and carers are often so concerned about the risks associated with illicit drug use that they forget that alcohol is the substance most likely to be the potential source of harm.

Under age drinking is becoming an ever increasing concern. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Who supplies alcohol to young people?

Parents are the most common suppliers of alcohol with 28% of males and 29.5% of females under the legal drinking age of 18 reporting that they obtained alcohol from their parents; 21.6% of males and 23.4% of females reporting that they obtained it from friends and 21% of males and 25% of females asked someone to buy it for them. (NSW School Students Health Behaviours, 2008)

Parents and carers need to consider the wisdom of supplying alcohol to their underage adolescents. They can help young people to make safer decisions by discussing risks and safety strategies, particularly when celebrations are occurring. Parents should keep up with what is happening in the lives of the young people in their care and take positive steps to prevent them or others from drinking and driving.

School based courses (Personal Development, Health and Physical Education) and the RRISK seminars also help students make informed safer choices.
Parties – Will You Allow Alcohol at Your Adolescent’s Party?

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18’s.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty of $5,500 per offence or $11,000 and 12 months prison in very serious circumstances. On the spot fines of $550 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information: www.olgr.nsw.gov.au/liquor_info_young_people_2nd_party.asp

Points to consider:

- What do you do if an underage guest arrives with alcohol?
- What do you do if students arrive intoxicated?
- What do you do if your alcohol has been consumed during the course of the party?
- How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- Have only one entrance or exit to make it easier to control who attends your party.
- Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation.
- Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).
- Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- Confiscate BYO alcohol from under 18s. Return it to their parents or carers.
- If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- Actively serve non-salty food throughout the party. This will slow down alcohol consumption for those who are drinking.
- Attractive non-alcoholic drinks should always be provided. For example, “Mocktails”, non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- Be firm about excluding gatecrashers. If admittance is by invitation only, gatecrashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ask them to leave immediately or tell them the police will be called.
- Parents should be present and provide active supervision throughout the party.
- If you are planning a large party, it may be a good idea to employ security guards.

Register your party with NSW Police

NSW Police have developed a range of strategies and an online Party Sign Up form which must be completed at least 72 hours before your party. Register your party at www.mynite.com.au. This way local Police will know that you are having a party and can offer support. Have emergency numbers handy and call police before the situation gets out of control. Advise neighbours of your party as common courtesy.

Other useful websites to help you plan a successful party and avoid problems:


Alcohol: celebrations and supply information for parents
http://www.youthsafe.org/safe_celebrate.html

This website has current safe partying information, games, and competitions on how to party safely for young people and information for parents

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au
New Medical Info Site Launched
A new website which helps explain over 75 different medical, developmental and psychological conditions in children is now available.
Physical As Anything contains over 50 articles written by medical specialists on subjects as diverse as ADHD, autism, anxiety disorders, fragile X syndrome, major depression, schizophrenia, eating disorders and cancer.
The site contains many links, videos, fact sheets, pdfs and resources to help understand and support students with any of these conditions. It was produced by the Department of Education and Communities and the Children’s Hospital Westmead.
To: www.physicalasanything.com.au

School Certificate Abolished from 2012
The NSW Government has announced the School Certificate will be abolished from next year.

Community Information

Camp Out – 26th September to 1st October 2011. A camp for lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) and sex &/or gender diverse teens and their allies aged 13-17. For more information go to www.campout.org.au, “CampOut” on Facebook, Twitter, Foursquare and Tumblr or see your School Councillor.

Ballina Bears Cricket Club Sign On – Ballina Bear Ballistics are calling on all kids to get actively involved this summer, inviting them into their Touch Footy Comp starting in early September. The competition which caters for kids from 5 to 17 years continues to attract huge numbers with over 130 teams which equates to over a thousand players and nearly as many supporters involved. At Saunton Oval Ballinr Bash Friday, Team Nominations for this season are only being accepted online throughout the month of August.

To enter a team or you just want to find out more visit www.btajuniors.sportingpulse.net to submit your team and player details. Sporty kids who do not have a team to play in should contact Ruth, Competition Administrator on 0422989911 or email ballina.touch1@icloud.com

Eltham Art Awards 2011 – The theme this year is “My Backyard”. Opening Friday night 30th September, 6pm. Eltham Art Gallery, Quays Building, Quays Drive, Eltham. Exhibition open Saturday 29 and Sunday 30 October 9am-4pm. For more information and an entry form contact Amanda Reichelt-Brushett on 0439 283 803 or email Amanda.reichelt-brushett@scu.edu.au

FNC NSW Futsal Sign on now for Ballina Futsal 16 & 22 September. 4-6pm Southern Cross K-12 School. For further information FNC NSW Futsal 6628 3845. www.futsalnsw.com.au

Lennox Head Alstonville Nippers Sign On Days – Sunday 16 & 25 of September, 10am–12pm. The purpose of the sign on day is for parents to register their children and get the information and forms they need. Parents are required to participate in Nippers too, so please come with swimmers, Active Patrolling members (Bronze Medallion) Parents and Associate members and cost $50

The first day of Nippers will be on Sunday 18th October starting at 8am.
Parents are required to participate in Nippers too, so please come with swimmers, websites, etc. You will be provided with the water with your children every week.
Ballina Little Athletics – Sign on Days 17 and 24 September and 8 October 2.30-4pm.
Cost $65 per child + club shirts $20. New athletics require birth certificate only 4yrs to 7yrs sign up 15 October each Saturday 8.30am. October-March, Quays Reserve West Barney (replaced Former Charles). Tauri 6682 8056
Fast Track to Genius Level Maths – Day Seminars for Teenagers – The Divine Proportion Saturday 10 September 2011. 3-Dimensional Geometry, Saturday 17 September 2011. Contact Jean Jain Expert, 6609 4909. Jain@JainMathematics.com

Mental Health Month this October – The Wellbeing Exhibition invites artwork by people with a mental illness, friends, family or carers or anyone who works in the field. The exhibition will include painting, drawing, mixed media or photography; sculpture, ceramics, jewellery or installation work; textile and poetry. Open from 12-29 October on the ground floor of the Lismore Library, the adjacent Block (College of Arts), and in the Centro Shopping Centre. To receive an entry pack call 0439 607 697. Closing date is the 3 October, 2011.

Ballina Bears Cricket Club Sign On – The 14 & 15 September at the Frip Oval Club House. Juniors can also sign on at senior training. Girls and boys up to U/16 are encouraged to come along. Contact Dave Livingstone 0411 957 213. d.livingstone10@gmail.com

Ballina Lighthouse & Lismore Surf Life Saving Club Nippers Sign On Days – Our aim is to provide a safe and fun environment for children aged 5-13 years to participate in surf lifesaving activities, become confident in and around the surf, learn team surf skills, the importance of junior lifesaving is on fun and education.
Registration: Sunday 18 September 2011, 10am-2pm, Lighthouse Beach, Sudia Street, East Ballina. (existing members can renew their membership on-line. Go to www.ballinasurfclub.com.au and follow the instructions)

Pool Proficiency Day: Sunday 25 September 2011. 10am-12noon, Ballina Fair Swim & Gym. For more information: email ballina.nippers@gmail.com.

Website: www.ballinasurfclub.com.au

Riverwalk 2011 – Let’s get walking to raise money for Ashton who has a rare genetic deletion which means he has Microcephaly & Cerebral Palsy. Funds raised will go towards Ashton’s therapy & special equipment so he can experience the JOY of living a normal life, just like you! The Event: A 5km walk commencing at Missingham Park out and back in beautiful North Ballina. Sunday 25th September 2011. Registration: Register at the event from 8am. Walk starts at 10am. Fees $20 family/$7 adults/$3.30 concession.

After you are invited to subscribe to a sausage sizzle and join in the activities and prize draw. Donations can be made online and are tax deductible.
www.developingfamilies.org.au/family/ashly

Population Day Seminars for Teenagers – The Divine Proportion Saturday 10 September 2011. 3-Dimensional Geometry, Saturday 17 September, 2.30-4pm. For further information FNC NSW Futsal 6628 3845. www.futsalnsw.com.au

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Absences

Parents are reminded that ALL students who have taken leave for ANY reason must provide a fax or written letter, signed by the parent/guardian, with an explanation for the absence and exact dates of the absence, immediately upon return to school.

Where absences are known in advance, this information is required so that we are able to provide work to students to assist in their learning. Appointments for students should be made outside of school hours when possible as this causes disruption to the students learning.

Please refrain from contacting your child during class time. All contact must go through the front office to avoid disruption to other students. Note the school day ends at 3.30. Parents are asked NOT to pick students up prior to these times as this is highly disruptive to lessons. If your child does need to be collected for an unplanned absence please phone the office prior to collection. We are operating with one student receptionist, so you may be waiting for a while if we do not know in advance.

Attendance at school is COMPULSORY under NSW law and all students must be at school every day unless there are satisfactory grounds for leave to be granted.

Late Arrivals

Any student who arrives after 9.00am is required to sign in at Mrs Allen’s Office (opposite M5, Mon/Tue/Thu/Fri) or Mr Buchanan’s PE Staff Room on Wednesdays only with a note of explanation from their parent/guardian. Where notes are not presented, students will be given a blue form, when they sign into school, to take home and have signed by their parent/guardian and brought back to school the following day and placed in the “notes here” basket near the payments office or to their Roll teacher in Roll Class.

Any enquiries regarding attendance may be directed to

Mrs Allen  6686 2133