



Issue 7
29 May 2019

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YOU MUST TAKE
personal responsibility.
YOU CANNOT CHANGE
THE CIRCUMSTANCES,
THE SEASONS,
OR THE WIND,
BUT YOU CAN CHANGE
yourself.
Jim Reeves



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From the Principal's Desk

Hello all,

The term has certainly been busy and continues to tumble along. We have had so much going on and so many great things happening, I am not sure where to start.

The cabling for A block has been completed, the Tech team have moved in upstairs and rooms are now ready for faculties. The office staff will be able to move in any time they like which will mean that when attending the East Ballina Campus, you will need to come down to the main building offices to find us. This is all very exciting and things are moving forward for the school. The cabling is now moved onto B Block and we are hoping to see works start on this building very soon.

Sam Nelson has been leading students and staff in STEM workshops on biomechanical substitutes, with fantastic success. Some of Sam's designs are completely out of the box and I would imagine will be adopted by the tech experts at some point in time. Great work from Sam, his team and the students that he has been working with.

The grounds are coming together thanks to the staff and students, particularly those in Aboriginal and Alternate programs and our groundsmen. I can't wait to see the edible garden develop and the design process realised. Well done to all and keep up the great work.

Once again, I have seen some great work samples from the students and our new front foyer is looking bright with the art and pictures taken by students hung on the walls. If you get a chance to call in, I recommend you taking a look.

Please don't hesitate to call our staff if you have any concern over your child's current provision of education. Our executive staff are happy to talk to you and work through any issues.

Yours in Education,
Danny Henman



2019 School Camp



Primary News



Primary students and staff had great fun at National Simultaneous Story Time on Wednesday 22 May. Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. The aim is to encourage more young Australians to read and enjoy books. This year's book was *Alpacas With Maracas*, written and illustrated by Matt Cosgrove.

Distance Education students shared the reading on three platforms Satellite, for home isolated students Hangout, for most other categories A digital version, especially for students in different time zones or without reception – some joined in from the Philippines!

A great time was had by all, as you can see from the attached photos.



Teachers in the studios and Students joining in from wherever they were.



Secondary News—School camp 2019—Exodus Outdoor adventures Baccarumbi

What a fantastic four days we all had at camp this year. A big congratulations must go to Zya Willis, Jai Goulding, Josh Alone, Yovela and Rosa Cox, Lucas Zorzo, Katelyn Mawson, Azrianna Holt, James King, Taylor Morris-Airs, Cameron and Alex Hampson, Tynan, Isaac and Kiel Heperi, Liam Galvin, Lea Laughton, Dean Mansfield, Anthony Kusab, Caleb Winbye, Shaniah Williams, Carys Wisdom, Brodie Henderson Wales, Brooklyn, Amberlee and Adrian Leadbeatter, William Townend, Trinity Gutteridge, Brendon Lansdowne, Lilly Vickery, Daniel Coulter, Deane Mansfeild and Hugh Walters for not only surviving, but conquering the camp.

What a big camp it was! So big in fact, that this year our group had to be divided into two camps. Group 1 camped with Mariette and Richard at Redgate-left and Group 2 camped with Violet and Bryce about 400 metres downstream at Redgate-right. Tiger and Batman were the two assigned Exodus camp leaders, who took us through all of the activities, supported by a range of Exodus staff.

Watching students, and sometimes staff, put up a tent can be a funny experience. However, this year both groups were able to work as a team, setting up camp quickly and effortlessly (well almost). After setting up camp, Group 1 went orienteering, looking for markers far from camp. In groups they navigated themselves over the property, seeking as many markers as they could, within a given timeframe. The 'tree' and the 'burnt tree' appeared to be elusive for all groups, perhaps because there were so many of them in the area, it was impossible to know which one. But the students were able to bring out their Christopher Columbus navigation skills and find most of the markers before heading back to camp, some well before others. Mariette, Daniel, Yovella, Katelyn and Lea were the winning group.



Secondary News—School camp 2019—Exodus Outdoor adventures Baccarumbi

On the first night each group stayed at their own camp sites with the students preparing the meals. We enjoyed camp-style pizza, cooked on the campfire, not ordered from Dominos! The students all sat around the camp fire chatting away with each other, broaching a broad range of topics from the galaxy, virtual worlds, world wars, global warming (and how to prevent it), to how would the group survive if they were stranded at camp for a long period of time. Each student demonstrated a broad knowledge base across a range of topics.

On the second day Tynan and Liam (Group 1) and Rosa, Anthony and James (Group 2) were first up collecting wood and lighting the fire for warmth when everyone got up. It was a much earlier start than most were used to, but all managed to have breakfast and get organised on time ready to go to the morning activities.

Group 1 hiked upstream to the Buccarumbi Bridge, ready to hit the mighty Nymboida rapids on the canoes. After tutoring and practice on how to handle a canoe, we set off down the rapids one canoe at a time. As Katelyn and Azrianna had paired up without any canoeing experience we were all waiting for them to tip over, but they defied the odds, navigating all of the rapids without even getting a toe wet. Others were not so lucky, tipping their canoes over (perhaps through choice?) in random spots along the river.

Group 2 hitched a ride in the 'troopies' up to the abseiling site. What a challenging activity to start the camp with. A 40 metre vertical drop down to a rubber raft waiting in the river proved to be a daunting task for all. However, the challenge was set with all having to face their fears in order to overcome them. Through thorough safety instruction and demonstrations the students were able to begin to see that going over a cliff may not be as dangerous as they first thought.

In the afternoon Group 1 hiked uphill to the low ropes. Teamwork skills were needed to complete the spider web challenge. After much discussion, trials and failures, the students were able to execute the challenge successfully.

Group 2 enjoyed tubing in the cool waters, but hey, who feels the chill when you're having so much fun? After many runs over a small rapid, needing to lift butts up so as not to be pounded by the rocks, the group then floated downstream to their camp.



Group 1 hosted Group 2 for dinner on Wednesday night. A well organised team led by Lea Laughton managed to cook up a treat with gourmet hamburgers for all. The two groups over the course of the evening were able to mix well enjoying each other's company. The chatter continued right up until we needed to go off to bed in preparation for our next day of activities, after group 2 offered to assist with the clean-up. What a group of hospitable and well-mannered people!

Day three saw Group 1 being tested, with the abseiling in the morning; Group 2 experienced the raging white water (well raging may be a slight over exaggeration). Katelyn was very definite she was not going abseiling, no way. As one student after another plucked up the courage to descend the wall [of death], her mind was ticking over. Despite still refusing the frequent invites, she gradually moved closer to the area where we were harnessing and out of the blue she said she would try. Liam decided to join her. They began their descent, getting over the first ledge to stand on a small ledge five metres down from the start. Katelyn and Liam decided at this point they were not going to do it. When asked how were they going to get out of this spot without going down, both replied "climb up there" pointing to loose rocks amid an almost vertical path. Richard stepped in, saying "no way as a teacher am I going to allow you to do that", so Tiger, with a very reluctant Katelyn, began the descent, slowly, slowly. Liam hit a mental block and just couldn't take that step over the big drop. However, after waiting patiently, Tiger was able to couple with him and both he and Katelyn conquered their fears and mastered the ultimate challenge.



Secondary News—School camp 2019—Exodus Outdoor adventures Baccarumbi

Meanwhile, Group 2 were conquering the rapids with a couple of early tip outs. Taylor experienced a few collisions with submerged rocks knocking his knee when he and his partner capsized. He was able to soldier on, showing bravery and commitment, enduring a little discomfort for the rest of the rapids. Downstream Caleb and Zya approached the 'meat slicer' with a little trepidation and you guessed it, over they went, spilling into the water, all captured on film as they had the school GoPro attached to a helmet!

In the afternoon it was Group 1's turn for some tubing, while Group 2 experienced the low ropes. Group 1 were first back at camp and were waiting for Group 2 to return and host dinner, when they discovered their Milo tin was missing. Blaming Group 2 for a camp raid, a couple of members walked up to the Group 2 camp to reclaim their Milo, returning to camp with their prize. Then Group 1 waited and waited for Group 2's return from their activities, with hunger pains beginning to settle in; as a gesture of generosity Tynan and Liam decided to go and light their fire for them. Eventually Group 2 arrived and provided a delicious meal, a huge task after a very big and challenging day.



That night Lea and Hugh, as part of the Student Leadership Team in our school, briefed everyone on 'Dolly's Dream'. This is an initiative to spread kindness and to take a stance against bullying. Both Lea and Hugh did an excellent job, leading all students in a deep reflection. This provided an excellent foundation for the last debriefing camp fire session. The considered reflections each student gave on their experiences prior to and during the camp were amazing. The students were able to articulate what the camp had given them: resiliency and the confidence to take on new challenges knowing they were OK. They all felt like the camp had helped them to feel more comfortable in new social situations and felt the camp had allowed them to meet like-minded people who were interested in their stories and had shared interests.

The next day was our last, leaving us with one final activity – Laser Tag. Group 1 against Group 2. War was declared! Each group strategically placed themselves throughout the bush, using team work and communication, shooting the enemy to gain control of the box. Group 1 smashed Group 2 with an 8 minute advantage in holding control of the box in Game 1. Then ends were switched and the advantage Group 1 received in the last round was now owned by Group 2. Running back and forth to be respawned, shooting the enemy without mercy, shouting out military strategy to your team mates, drones being used as a spy weapon...nothing was being spared to gain the advantage of that little box. Switching from blue control, to red control and then back to blue, many a shootout was occurring right on the front line. Group 2 gained a very slight 2 minute advantage, winning the second round. A one-all draw was a fitting way to finish the camp because the experiences of the camp already made us winners.



Teacher corner



Violet Innes

Camp Highlight:

My favourite part of camp is watching friendships and connections develop; the students are put into a position where they must rely on each other and build trust, which quickly leads to group cohesion and a feeling of connectedness.

Bravery / achievement:

Many of our students experience anxiety and social isolation as part of their everyday lives. Overcoming these fears to actually come to camp is a huge milestone and achievement for them. I congratulate all those students who overcame their fear and anxiety, putting themselves into a new and challenging environment, participating in physically demanding activities and navigating new social situations. Trinity Gutteridge, Shaniah Williams, Carys Wisdom, Rosa Cox and Brooklyn Leadbeater are just a handful of students who excelled in pushing their own boundaries and exceeding their own expectations in how well they were able to make new friends, develop connections and step outside of their comfort zone.

Most supportive student:

Zya demonstrated excellent leadership skills during abseiling. He took a number of younger students under his wing, showing them the skills they would need, helping them on the practice rope, checking their technique, giving them safety points and plenty of encouragement. Zya ended up descending the cliff a number of times to assist other students going down, providing them with moral support and encouragement all the way to the bottom. Kiel Hepperi was also an excellent group member, always putting his hand up to do extra jobs, bringing a smile and pleasant conversation where ever he went.

Funny camp story:

It was very cold at night! So cold some of us had to use extra blankets and hot-water bottles provided by

the Exodus staff. I was surprised to see one morning, AmberLee coming out of her tent holding a foil wrapped orange cake (dessert which was cooked on the fire the night before). When I asked her why she had it, she said she had slept with it to keep her warm!

Last word:

The camp was amazing! To see the students challenge themselves and be part of such a great team of teachers supporting their personal development is a gift to me. It is these special moments that make memories and the reason I love being a PDHPE teacher. I can't wait for Exodus 2020 to do it all again, and I hope to see many returning students!



Bryce Webster

Camp Highlight:

Abseiling was great as the activity challenges all the students by taking them out of their comfort zone. When they complete the abseiling they get such a sense of achievement – nice to see.

Bravery / achievement:

Hugh Walters and Amberlee Leadbeater for getting as far as they did in the abseiling activity. Even though they didn't make it to the bottom, they tried their best which is all we can ask.

Most supportive:

Rosa, tending to the fire in the morning and helping others. Lilly Vickery was a team player, respectful for all and encouraging others in the activities.

Funny camp story:

Caleb was a character. There was a running joke with Zya who would be keen to do all the heavy lifting forcing Caleb to make a comment like 'always flexing'.

Last word:

Overall camp was a lot of fun and student's thoroughly enjoyed themselves. All students were happy to help with cooking and setting up of camp. They did very well braving the 4 degree temperatures. They should be very proud of themselves.



Richard Mills

Camp Highlight:

The highlight of the camp for me is seeing the students coming together with many knowing no one else. When you see the friendships that are made, the support and encouragement they offer each other making sure the camp experience is a positive one for all. When the students are challenged well beyond their comfort zone and their willingness to take on these challenges demonstrates the courage our students have.

Another highlight is the early Friday morning swim against the fog.

Brave / achievement:

Many students were able to show bravery and gain a sense of achievement over the course of the camp, so it is hard to pick one out. However, abseiling is a confronting activity, it challenges our own basic ideas around safety. The descent is over 40 metres making it no small drop. To see students mentally work through this is amazing. Katelyn and Liam were two students who initially felt they simply could not do this, however they still decided after much deliberation to give it a go. They managed to get themselves down even though they felt unsure. Being able to go through the checks and mental processes to do something you fear is brave. On the way home hearing Katelyn telling her Mother that she jumped off a cliff, highlighted just how much of an achievement this was for her.

Most supportive:

All the students supported each other throughout the camp. They supported each other, had empathy and accepted everyone for who they are not who they wanted them to be.

Tynan Heperi does come to mind though as each morning he would rise early to have the fire ready for everyone so they could be warm when they woke up. He was willing to support people during activities and was always willing to help out, no matter what he was asked to do.

Funny camp story:

Doing the spider web activity where we had to all work as a team. The group would be ultra careful in lifting and feeding Yovi through the hole, only to drop her in excitement that they did it. Lucky she was not

hurt. This happened twice – poor Yovi.

Last word:

I feel privileged to be able to go on a camp like this, not only because we get to do all the activities as well, but because I get to see just what our students are capable of. It reinforces to me that each student comes with their own story but this story doesn't define them or limit them. It always amazes me just what these students are capable of if allowed to push the boundaries. I found this year's group to be a cooperative group of young people who relished taking on new challenges and were prepared to learn from these experiences.

I loved it.



Mariette DeWit

Camp Highlight:

Loved the canoeing and river tubing. It's fun, challenging and exciting. Paddling down the river is beautiful and calming.

Most supportive:

Azrianna was awesome because she took on every challenge. She was always positive and open minded and eager to learn. This made her succeed each time because of her positive attitude and keen engagement. It was because of this that she was able to make lots of new friends. Leanna was very supportive. She sees when people needs help and always offers. She is very respectful in the way she approaches people. She is also a person that takes on and complete tasks whenever it's needed.

Funny camp story:

Some of the boys in Group 1 used their blundstones as their wet shoes and went swimming in them to realise later they didn't bring a second pair of shoes. Alex Hampson then invented a new shoe drying method for the campfire – keep an eye out for it in BCF.

Last word:

It's a fantastic experience to play outdoors and build new friendships.

Student thoughts:

What did the students really think of camp? It is always interesting to hear their point of view. Here are some.

Leanna Laughton:

I enjoyed this year's school camp so much.

Over the four days we were at Exodus Outdoor Adventure, we did abseiling, river tubing, canoeing, low ropes, laser tag and so much more.

My favourite activities were tipping the canoe over at the top of the rapid, the skipping game, the spider web and Laser tag.

I enjoyed the food a lot too, and Tiger made a great team leader. All the other staff were great too.

Thank you Exodus Adventures and SCSODE for making this camp so much fun.



James King:

The camp was great. I have improved my strengths and overcome my fears, in the process I met many people I now call friends. My favourite activity was sitting around the campfire with my arm around a very special person. Abseiling was the planned activity I enjoyed most, next to that was canoeing, the chilli water made you feel fresh even though we were all tired, sore and dirty. Everybody that attended the camp would have taken something different away from the experience, I feel I have grown as a person and would recommend it to anybody in DE that hasn't already experienced this.

Rosa Cox:

I really enjoyed the camp. I loved the abseiling, river tubing and the low ropes. The students, teachers and camp staff were very helpful. One thing I think we could work on next year would be how long we spend on the activities. We lost a lot of time on day 2 because the abseiling took too long and we did not have much time to enjoy ourselves with the river tubing.

My sister and I made a good friend at camp and we enjoyed her company and her friendship and we have kept in touch with each other. I really recommend the students in DE to come to the camp next year as it's such a great time. I hope everyone who went to the camp this year had a great time.



Yovella Cox:

The school camp was exciting, adventurous and all the activities were jam packed full of fun. We did abseiling, low ropes, river tubing, navigation and laser tag. The abseiling was thrilling and challenging for most of us. For anyone looking for an adventurous week away in the bush, this is the camp to go on.

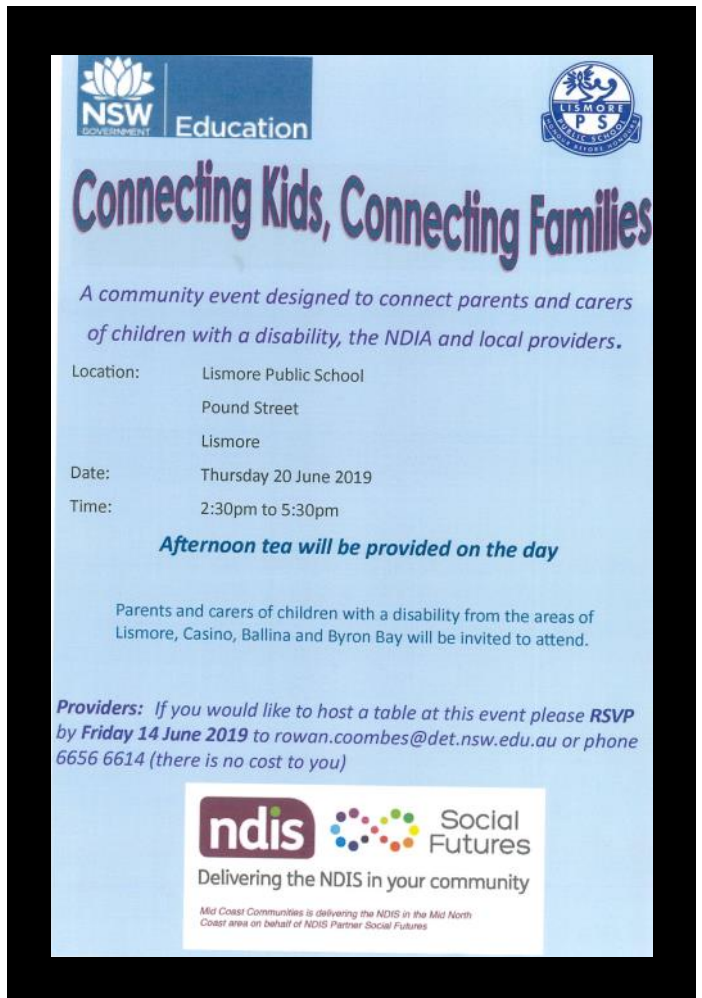
School/Community News



TAFE NSW
HOSPITALITY SHORT COURSES
SEMESTER 1, 2019

COURSE #	COURSE NAME	DATES	TIME	LOCATION	\$	CALOCC
SFTS00055-V01	Responsible service of Alcohol (RSA)	Tuesday 14/5/2019	4pm - 10pm	Wollongbar	165	19WLB-154
SFTS00055-V01	Responsible service of Alcohol (RSA)	Monday 20/5/2019	9am - 4pm	Ballina	165	19BAL-152
SFTS00055-V01	Responsible service of Alcohol (RSA)	Monday 1/7/2019	4pm - 10pm	Wollongbar	165	19WLB-164
160-16328V01	Responsible conduct of gambling (RCG)	Tuesday 7/5/2019	9am - 4pm	Casino	140	19CAS-015
160-16328V01	Responsible conduct of gambling (RCG)	Monday 3/6/2019	9am-4pm	Ballina	140	19BAL-152
160-16328V01	Responsible conduct of gambling (RCG)	Monday 24/6/2019	4pm-10pm	Wollongbar	140	19WLB-016
160-16319V01	Introduction to Espresso Coffee	Monday 17/6/2019	5pm-9pm	Wollongbar	165	19WLB-010
SFTS00051-V01	Food Safety Supervisor	Thursday 13/6/2019	3.30pm-9.30pm	Wollongbar	265	19WLB-160
SFTS00051-V01	Food Safety Supervisor	1/1/2019 - 30/6/2019	FULL COURSE	Online	265	19WLB-159
SFTS00051-V01	Food Safety Supervisor RFRSH	1/1/2019 - 30/6/2019	Refresher	Online	155	19WLB-162

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NSW Education
Connecting Kids, Connecting Families
LISMORE PUBLIC SCHOOL

A community event designed to connect parents and carers of children with a disability, the NDIA and local providers.

Location: Lismore Public School
Pound Street
Lismore

Date: Thursday 20 June 2019

Time: 2:30pm to 5:30pm

Afternoon tea will be provided on the day

Parents and carers of children with a disability from the areas of Lismore, Casino, Ballina and Byron Bay will be invited to attend.

Providers: If you would like to host a table at this event please **RSVP** by **Friday 14 June 2019** to rowan.coombes@det.nsw.edu.au or phone 6656 6614 (there is no cost to you)

ndis Social Futures
Delivering the NDIS in your community

Mid Coast Communities is delivering the NDIS in the Mid North Coast area on behalf of NDIS Partner Social Futures

North Coast Bowls Trials for 2019

Date of Trial: Monday 24th June, 2019

Venue: Kyogle Bowling Club (36 Larkin Street, Kyogle)

Time: 10:00am to 3:00pm

Method of Entry: Individuals approved by School

Entry: Entries need to be emailed to jake.clarke29@det.nsw.edu.au

Cost: \$5 per person for venue hire (payable on the day)

Players **MUST** currently attend a state secondary school of the North Coast region.

Players **MUST** be prepared to attend the NSWCHS Championships which will be held at Wyong from 20-22 August 2019

Please contact Richard Mills (richard.mills@det.nsw.edu.au) to express your interest in competing in these championships.



Southern Cross
SCHOOL OF DISTANCE EDUCATION
Student Leadership Team

Are you interested in making a contribution to your school?

Do you want to learn valuable leadership skills?

Do you want to meet other students?

Do you want to help others and make change?

If you answered yes to any of these questions, you should join the Student Leadership Team.

Simply send an email to Judith.ford7@det.nsw.edu.au and we will send you an invite to our canvas page.

Student Calendar 2019

TERM 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May Week 5	27	28	29	30	31
June Week 6	3	4 Glen Innes PDHPE	5 Inverell PDHPE	6 Tenterfield - PDHPE GRAFTON Visual ART	7 GRAFTON Visual ART
June Week 7	10 Queen's Birthday	11	12	13	14
June Week 8	17	18	19	20	21
June Week 9	24 Casino PDHPE	25	26	27	28
July Week 10	1	2	3	4	5 Lismore PDHPE Last day of Term 2

Mini Schools: Are for full time student and in blue text

STAR Early Offer Program Southern Cross University

Applications open on 1 May and close on 13 September.

STAR Early Offer program at Southern Cross University allows students to receive an offer into any undergraduate degree on the basis of current grades and Principal's recommendation.

Study at one of our three campuses or online. Offers are released after HSC exams but prior to HSC results.

For more information visit:

<https://www.scu.edu.au/star-early-offer/>



or contact your Senior Year Adviser

