



### From the principal's desk



We are well into the term and the HSC is approaching fast. I would assume at this stage, Year 12 are beginning to revise and prepare for examinations next term. If you need assistance, please contact your teacher to organise a plan.

Our building works are going well with C Block gutted and the interior being prepared for Science and PDHPE faculties. Following this, works will start on our mail-out room and a commercial kitchen for the students use.

I have to give a shout out to the staff who are dedicating time and effort to beautifying the school grounds. We have areas coming together that look fantastic and I know that both staff and students will get some great use from them.

Our CAPA and TAS faculties have moved into their new areas and seem to have settled in very well. These are creative spaces for the teachers to work from to ensure our students' needs are met. It is also bringing our staff closer together for the purposes of resourcing and collaboration, which benefits us all.

We are here to support you in learning, so please call the school to discuss how we are able to assist.

Yours in education,  
Danny Henman



## Primary news

Supporting all students K-6 with...

### Open-ended project based learning:



Learning is based around a 5-week central theme, usually with a focus on science, history or geography. Other subjects are integrated into this theme, allowing greater connections to be made between each subject and real life.

### Weekly lessons:

Students connect with their teachers for their weekly lessons via satellite, Google Hangout or phone. Lessons may be individual or in a small group, when context permits. Video lessons are also recorded and sent with resources and written materials.

### Timely feedback:

Students receive regular feedback with the use of individual Google Drive student folders. Students upload assessment items to their folders every Friday and receive personalised written and video feedback by the following Friday. Students can share their learning through our Rainbow Gallery.



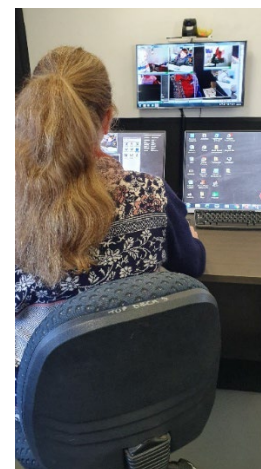
### Term initiatives:

Each term we offer a number of initiatives, to foster a sense of belonging to a school community. These may include

- the Flynn Mission
- the Premiers' Reading Challenge
- Simultaneous Story Time
- Book Week parade
- Crunch the Rainbow Challenge
- Poetry Idol

### Extra services for home isolated students:

- Fortnightly Assembly
- Fortnightly Kids' Club
- German lessons with students from other Distance Education schools
- Field visits
- Mini-schools each term




## Secondary news - Engagement and Learning Faculty

### Reader Pen

The Reader Pen is an excellent resource for people with reading difficulties. The Reader Pen is a portable, pocket-sized device that reads text out aloud with a digital voice. The Reader Pen also contains an in-built dictionary and many other useful features.

Currently there are over 20 Reader Pens on loan to students and Learning Hubs.

If you would like to find out more about Reader Pens please contact your teachers.



**The portable and lightweight Pen overcomes the barrier of not being able to read. It empowers reluctant readers with reading challenges such as dyslexia, or students who have English as their second language.**

**WHY I LOVE MY READERPEN:**

- ✓ **ALLOWS ME TO REACH MY POTENTIAL**
- ✓ **IMPROVES INDEPENDENCE AND SELF CONFIDENCE**
- ✓ **RAISES STUDENT ATTAINMENT**
- ✓ **IMPROVES READING COMPREHENSION**
- ✓ **SUPPORTS EAL STUDENTS**

**KEY FEATURES**

- Scan to hear words spoken aloud
- Includes UK & US English and Spanish accents
- Instant word lookup in Collins Dictionary
- Record/listen to audio
- Headphones included
- Scan and save to file/copy files to computer (PC/Mac/Linux)

**264x64 OLED Display**

**8GB storage**

**OCR** Optical Character Recognition Engine

High quality natural sounding text to speech voice

**Built-in speaker + 3.5mm earphone jack**

Microphone for audio recording

Rechargeable Li-Ion battery (micro-USB charging port)

**Hear Words Aloud**

**Supports English, French & Spanish**

**Digital Highlighter**

**Collins Primary Dictionary**

**Voice Recorder**

**8GB Storage Device**

USB Mass Storage memory  
USB HID input

### Rip It Up Reading

Our School has purchased the Rip It Up Reading program that teaches students to read using three key strategies: pace, rehearsal and chunking.

These strategies are the key to helping students with gaps in their reading and in their working memory.

We started the program in 2018 and have had a huge amount of success across the school.

If you want to find out more about Rip It Up Reading contact your teachers and ask about the program.





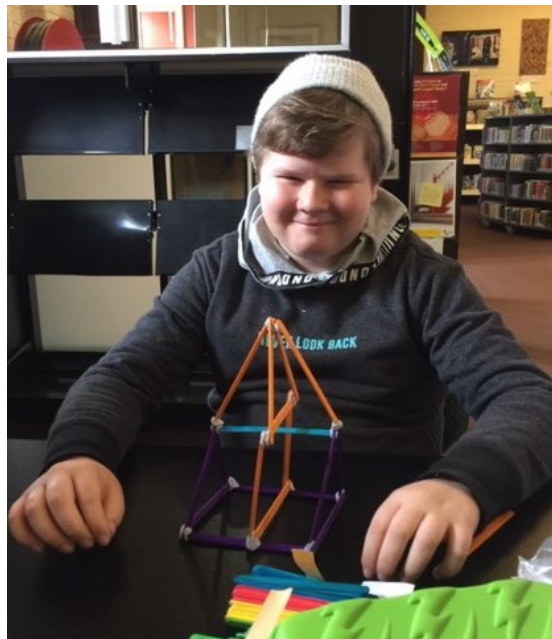
## Student Work

We have been receiving excellent work from students across all Key Learning Areas in the Engagement and Learning faculty. Students completing the Individualised Program and Life Skills program should be very proud of the work they have been achieving.

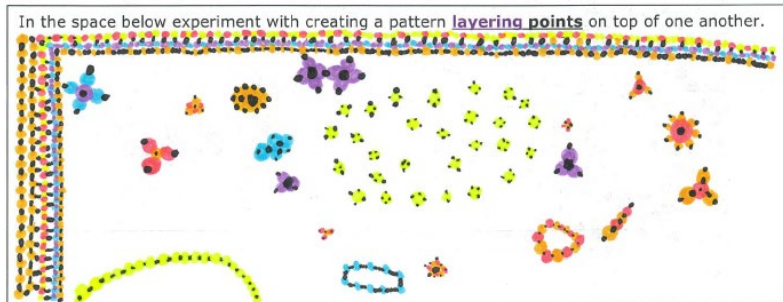
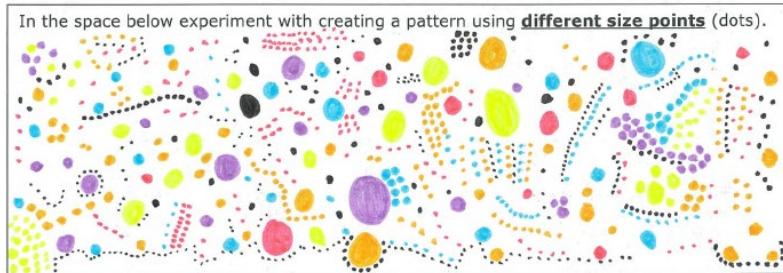
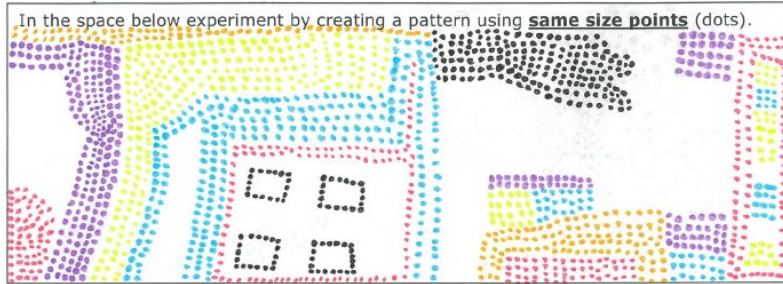
### Year 11 Stage 6 Creative Arts (Life Skills) – Henri Matisse appropriation



### Jamie Nieson and Taylor Morris-Airs experimenting with three dimensional shapes in Mathematics (Life Skills)



Year 9 Individualised Program Visual Arts – Experimenting with Point



Brooklyn-Sea Leadbeatter - Year 9 Stage 5 English (Life Skills) – Science Fiction Poster





Stella Wolfe-Wright – Year 8 Individualised Program Technology Mandatory – Chocolate Crackles



Year 7 Stage 4 Technology (Life Skills) – Apron tie-dye



Beau Stevens – Year 10 Stage 5 Science (Life Skills) – Capillary action experiment



### Lucas Zorzo – Year 12 Stage 6 PDHPE (Life Skills)

In PDHPE this year Lucas has been focusing on Healthy Lifestyles. Lucas has been learning about the many health benefits of participating in physical activity, and he enjoys the physical, mental and social aspects of taking part in physical activity. Lucas has a goal to get physically stronger: here we see him working on his strength and fitness at the Lismore Hub with his PDHPE teacher.



### Year 8 Individualised Program PDHPE – Positive Self Talk Affirmation

**Nothing can stop  
you from achieving  
your life goals  
except yourself**



Australian Government  
Department of Health

# Have you **moved** enough today?



## SLEEP

- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.

## PHYSICAL ACTIVITY

Aim for 60 minutes or more per day – the more you huff & puff the better!

## INACTIVITY

Move more & sit less in your spare time.

Find out more at [www.health.gov.au](http://www.health.gov.au)

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

*Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep*







# Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

## Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



## Sleep well

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

## Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



## Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



## Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



## Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



## Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



# Tips for a healthy headspace



## Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



## Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

## Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



## Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



## Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

## Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

## Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

## Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local headspace centre or visit [eheadspace.org.au](http://eheadspace.org.au). Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

## Secondary news

### 2019 Validation of Assessment for Learning & Individual Development (VALID)

The VALID8 test for Year 8 students will be held between **Monday 28 October and Friday 8 November 2019**. The test takes approximately 70 minutes. The VALID Science 8 test is an interactive, multimedia test completed entirely on a computer.

VALID Science 8 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the NSW Science Years K-10 Syllabus. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science.

Since students complete VALID Science 8 on a computer, each student needs to have access to the INTERNET and a suitable device such as a laptop or desktop computer otherwise they will not be able to participate.

More information on the VALID Science 8 test will be delivered to parents during October. If you have any questions please do not hesitate to contact me

Matt Cartwright Head Teacher Science

[matthew.cartwright@det.nsw.edu.au](mailto:matthew.cartwright@det.nsw.edu.au)

phone: 6618 7617

## School and community news

### 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





School and community news



Southern Cross  
School of Distance  
Education

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# STEM WORKSHOP PART 5 ROBOT MUSCLES

Come join our STEM team for the fifth robotics and microbit workshop where we will **design, build, and test** our designs

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STEMLAB 5  
East Ballina Campus  
Wed 25th September,  
2019 9.30 - 3pm  
BYO Recess and Lunch

Call Sam 66810414 to register your spot.

## School and community news



### GOLD COAST DEFENCE FORCE RECRUITING INFORMATION SESSIONS

If you're up for the challenge and would like to find out more, come along to one of our upcoming information sessions:

2 Sep 19	6.00pm – 8.00pm	School to Service	DFRC Gold Coast
3 Sep 19	7.00pm – 9.00pm	Trade Careers	Lismore ARES Depot
4 Sep 19	10.00am – 12.00pm	Defence Careers	TAFE Lismore
4 Sep 19	2.00pm – 3.00pm	Defence Careers	TAFE Casino
5 Sep 19	10.00am – 11.00am	Defence Careers	TAFE Ballina
5 Sep 19	2.30pm – 3.30pm	Defence Careers	TAFE Kingscliff
10 Sep 19	7.00pm – 9.00pm	Australian Defence Force Academy	DFRC Gold Coast
12 Sep 19	6.00pm – 8.00pm	Women in Defence	DFRC Gold Coast
17 Sep 19	6.00pm – 8.00pm	A Night in the Army Reserves	Southport ARES Depot
25 Sep 19	6.00pm – 8.00pm	Defence Careers	DFRC Gold Coast
30 Sep 19	9.00am – 2.00pm	STEM Day	DFRC Gold Coast
30 Sep 19	8.00am – 2.00pm	Regional YOU Session	Inverell High School
1 Oct 19	8.00am – 2.00pm	Regional YOU Session	Grafton High School

Information sessions will take place at the following locations:

- Defence Force Recruiting Gold Coast: 14 Edgewater Court, Robina, QLD
- Lismore Army Reserves Depot, 108 Military Rd, Lismore, NSW
- Rm G1.03, Conway St, Lismore, NSW
- Rm LG.10, 144 Barker St, Casino, NSW
- Rm CG.03, 154 Burnet St, Ballina, NSW
- Rm A.G.05, 806 Cudgen Rd, Kingscliff, NSW
- Southport Army Reserves Depot, 42 Commercial Rd, Ashmore, QLD

**REGISTER NOW**



CALL 13 90 01 OR VISIT [DEFENCEJOBS.GOV.AU](http://DEFENCEJOBS.GOV.AU)



NAVY



ARMY



AIR FORCE



## School and community news



### DEFENCE FORCE RECRUITING STEM ACTIVITIES DAY

Considering a Science, Technology, Engineering or Maths career? Did you know the Navy, Army & Air Force have plenty of roles that need your STEM skills.

Right now we're recruiting for jobs that didn't even exist a few years ago such as piloting military drones and working in electronic warfare. In the future there'll be many more!

Come along to our STEM pathways activities day to learn more about these Defence opportunities. A STEM role in the ADF will see you working with some of the world's most advanced equipment, give you the chance to travel as well as provide nationally recognised skills. At the STEM Pathways Activities Day, you'll interact with current serving military personnel with backgrounds in trades and engineering whilst enjoying some practical learning activities.

**When:** Monday, 30<sup>th</sup> September 2019

**Where:** Defence Force Recruiting Centre, 14 Edgewater Court, Robina, QLD, 4226

**Time:** 9.30am – 2.00pm (9am arrival)

**What's involved:**

This event will include hands on activities including build a Lego Mind Storm Challenge & the opportunity to immerse yourself in our virtual reality experience.

Light lunch provided.

**Who can attend?**

High school students in years 10-12

Trade college students

Job seekers looking for new opportunities

**RSVP:**

[scsdcoast@dfrc.com.au](mailto:scsdcoast@dfrc.com.au) with Name, Contact Number and Emergency Number

CALL 13 19 01 OR VISIT DEFENCEJOBS.GOV.AU





## School and community news

14 SEPTEMBER 9 AM - 1 PM



**TAFE**<sup>NSW</sup>

# 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**



RTO 620029 | CRICOS 00591E | HEP 01912049

