Lismore High School CAPA Night 2014

Creative And Performing Arts

Wednesday 20 August 6:30pm to 9pm

$5 Single
$15 Family

Tickets available from the office

EVERYONE WELCOME

Talented Sportsman

Lismore High School's Talented Young Sportsman Thomas Brown is in Year 9 at Lismore High School and has a long list of achievements to be proud of in the Hockey arena. He recently spent four days down in Sydney trialling for the NSW U 16's All School Team. Forty students across the state were selected to trial from Independent, Private and Public Schools. After four days of intensive skills, fitness and games, Thomas was selected in the NSW U 16's All Schools side in the defensive mid-field position.

He will now travel to Adelaide in mid-August to compete at the National Hockey Titles. He is co-captain of our Lismore High School team, sharing this position with his brother, Sam.

Thomas plays Hockey for Coraki in an under 15's mixed team, Reserve Grade and A Grade. This year he was selected for the North Coast Representative side and Captained the U’15s NSW team to victory against Victoria at the National Titles over in Perth.

Thomas has natural ability on the sporting field and great leadership skills and he inspires people around him.
Sport Report

Northern Rivers Zone Carnivals 2014
The Northern Rivers Zone holds three competitive carnivals each year. There are twelve schools in our zone – Alstonville, Kadina, Casino, Richmond River, Maclean, Kyogle, Bonalbo, Woodenbong, Evans River and Nimbin.

Swimming
The Northern Rivers Zone carnival and the North Coast swimming carnival were held at the Lismore Memorial Pool this year. Fifteen students represented Lismore High at Zone level. The following students were placed at this carnival and went on to represent the Northern Rivers Zone: Nicole Webster, Lachlan Zimmerman, Talisien Hooper and Erin Miller. This was Aaron Dobbs and Tim Webster’s final year competing at school level. They have performed extremely well in the pool and have successfully represented Lismore High School since Year 7.

Cross Country
The Northern Rivers Zone carnival was held at the Lismore Turf Club in May. Ten Lismore High School students attended the carnival and performed well on the day.
Kaleb Hall -12 Boys – 2nd
Erin Miller- 12 Girls – 5th
Kayla Lowe-12 Girls-12th
Raquel Smith -13 Girls-18th
Jakira Toniello-14 Girls-14th
Kendelle O’Reilly-15 Girls-7th
Dana Wilson-15 Girls-12th
Jonathon Tracey-16-19 MD-2nd
Jye Wilson-15 Boys-15th
Three students Kaleb Hall, Erin Miller and Jonathon Tracey were successful on the day and qualified to go on to the North Coast carnival which was held in Kempsey.

Athletics
Thirty Lismore High School students attended the Northern Rivers Zone Athletics carnival on the 20th June at Riverview Park. Many students were successful in gaining a place, and therefore qualifying for the North Coast carnival at Coffs Harbour.

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Sport</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erin Miller</td>
<td>12</td>
<td>Girls</td>
<td>1st Shot Put</td>
</tr>
<tr>
<td>Nick Ford Daley</td>
<td>12/15MD Boys</td>
<td>1st 800m</td>
<td>2nd 200m</td>
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<tr>
<td>Jonathon Tracey</td>
<td>16/19 MD Boys</td>
<td>3rd 200m</td>
<td>3rd Long Jump</td>
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<tr>
<td>Hannah Sky</td>
<td>17+ Girls</td>
<td>2nd 200m</td>
<td>1st 400m</td>
</tr>
<tr>
<td>Jessica Steele</td>
<td>17+Girls</td>
<td>2nd 100m</td>
<td>2nd Discus</td>
</tr>
<tr>
<td>Kimberley Tracey</td>
<td>16/19MD Girls</td>
<td>1st 100m</td>
<td>2nd Discus</td>
</tr>
<tr>
<td>Kaleb Hall</td>
<td>12 Boys</td>
<td>2nd Long Jump</td>
<td></td>
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<tr>
<td>Taylor Letts</td>
<td>12/15 Girls</td>
<td>2nd Discus</td>
<td>2nd Shot Put</td>
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<tr>
<td>Jennifer Paden</td>
<td>12/15 Girls</td>
<td>3rd Discus</td>
<td>3rd Shot Put</td>
</tr>
<tr>
<td>Jenna Moore</td>
<td>16/19 Girls MD</td>
<td>1st Discus</td>
<td>1st Javelin</td>
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<tr>
<td>Katie Burke</td>
<td>12/15 Girls MD</td>
<td>2nd Javelin</td>
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North Coast Sport Representatives 2014

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hannah Sky</td>
<td>12</td>
<td>Hockey</td>
</tr>
<tr>
<td>Jessica Steele</td>
<td>12</td>
<td>Netball</td>
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Both Hannah and Jessica have represented Lismore High over the past six years in a number of sporting teams. They are talented sportswomen and demonstrate a great deal of skill in a range of sports. Well done girls, we wish you the best on the sporting field in future years.

Mrs Graham
Representative Sport Coordinator
Principal’s Report

Dear Parents and Carers

I wish to apologise for the lateness of Semester 1 reports for Years 7-11, as we have had technical difficulties with the new reporting software. Reports are being finalised this week and we should have reports being sent out by the week of the 10th August.

This term we have commenced the High 5 program, our gifted and talented program with our partner primary schools. Students from these primary schools will be visiting the School in three week intensive blocks across a 12 week program focussed around Mathematics, Science, English and the Arts. We are targeting Year 5 students zoned for Lismore High School and Year 6 students who will be coming to Lismore HS in 2015, and will be part of our Advanced Learners Year 7 class. Thanks to Ms Catriona Fraser who has been organising the program.

We are in a new phase of school planning and I will be consulting with the School Council, SRC and the P&C on the directions of the school for 2015-2017. The new school planning process is a much more consultative process with more emphasis on the needs of the school. Previous planning cycles have centred on meeting state targets. The new planning focusses on three key directions for the school and the development of implementation plans to ensure they are met.

A reminder to parents of senior students that the homework centre is available in the library on Monday and Thursday night, and is available to students at no cost. Year 12 will be provided with study skills assistance in the next few weeks following their trial examinations. Students should also remember that outstanding fees for Year 12 students need to be paid prior to the sale of formal tickets.

We were successful in applying for and winning two Department grants. The first one was a properties refurbishment grant which will see the outdoor seating in the COLA upgraded and repainted. We were also successful in obtaining funding for the repainting of the inside of school classrooms and replacing the floor in the Home Economics room. The grants amounted to $53,800 for the School. We were also successful in applying for a careers development project for students in Year 6 and Year 7 between Lismore High School and our partner primary school for $14,000. A special thanks to Mr Jeffrey who wrote the successful application.

Nigel Brito
Principal

Robotics

On Thursday 31 August the Robotics Team went to the Careers Expo at South Lismore Public School. Most of the local primary schools sent their Year 6 class to see what careers there are available.

We showed our robots and demonstrated what they could do; our soccer playing robots drew a lot of interest. We explained to the more interested students how we built and programmed the robots, although a lot of them had more fun remotely controlling the robots with an Android app, using the robots to play an impromptu soccer game.

It was fun showing what we do, although some of the team were shy at first when some of their old friends from primary school came up to see. They soon got over that and were happy to show their robotics skills.

Jim McInerney
Science Teacher

PDHPE
Self and Relationships
Unit

During this term the PDHPE staff will be giving lessons specifically in the area of self and relationships, focusing on sexual health in particular. Some of the content in this unit can be confronting for students. A letter has been sent home with students providing information regarding what the unit entails. If you have any concerns please don’t hesitate to contact the school.
Deputy Principal’s Report

“Talk school up”. If I could ask all parents and family members to do one thing with their children and young adults this might be it.

A real dilemma for some students is the worth they perceive in some school activities. This has always been the case and will continue to be. For some students this can lead to disengagement, absenteeism and for some, truancy.

On the home front I believe that parents and carers recognise the incredible importance of an education that includes literacy, numeracy, broad subject knowledge, social and communication skills, work and training readiness. While many of our students also recognise this, some do not.

Can I ask all parents and family members to “talk school up” with your young people? It is so important that the school and family home are supporting each other. When young people receive mixed messages, positive and negative about school, they will most often make poor choices that have negative repercussions.

I often look at websites which include ‘tips for parenting’ and ‘tips for teenagers’ and I would encourage all to do some interesting research here. Some very helpful advice can be found. One such idea is “Give kids some leeway”.

With this idea David Elkind PhD, author of All Grown Up and No Place to Go has said “giving teens a chance to establish their own identity, giving them more independence, is essential to helping them establish their own place in the world. But if it means they’re going out with a bad crowd, that’s another thing.”

I bring this up because of an awareness that some students stay overnight at other student’s homes without the parents or adults at either end having met or communicated. This situation is full of concerns. “Who is supervising?” “What activities are occurring?” “What are the sleeping arrangements?” “What time are the young people getting to sleep?” “Will they get to school the next day?”

Please know your children’s friends and be sure to meet or communicate with the other adults involved. Most importantly do give some leeway but do not be backward in creating appropriate boundaries and rules to the freedom you give your young person. Then be CONSISTENT.

Thank you for your ongoing support.

Phil Meehan
Deputy Principal

Thank You To Local Businesses

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

McKee - Co
Readings Engineering Services Pty Ltd
Norco Co-Op Limited - Lismore
Brands Pharmacy
St Vincent's Hospital
Blockbuster Video
Network Video
The Jean House
Mecca Café
News Xpress
Hallidays Engineering
Dayal Singh Joinery
Super Cheap Auto - Lismore
Lismore Timber & Plywood
Smith JL Engineering Co
Vince McNamara Engineering & Sales (MELC Pty Ltd)
Beachside Bargains Pty Ltd
Lismore High School
Robert McLennan Real Estate
Noah’s Arc Books & Gifts
Lismore Workers Sports Club
Coffee Shots
Red Dove Café (Lismore Regional Mission)
Lismore Lantern Parade (Lightn Up Inc.)
LEO’S Food Bar
Autobarn - Lismore
Planet Music
Blooms the Chemist Lismore
Murringbah Court Chinese Restaurant

ON A COLD DAY STUDENTS MAY WANT TO PURCHASE LUNCH

LUNCH ITEMS INCLUDE

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Chicken Nuggets</td>
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<tr>
<td>Chicken/Gravy Roll</td>
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<tr>
<td>Nachos</td>
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<tr>
<td>Chilli Chicken Twists</td>
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<tr>
<td>Toasted Turkish</td>
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<tr>
<td>Burgers</td>
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<tr>
<td>Home Made Meals</td>
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</tr>
<tr>
<td>Soup</td>
<td>$2</td>
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