

# Newsletter

## SOUTH GRAFTON HIGH SCHOOL

Term 4, Week 8 , 2019

### From the Principal's Desk

#### Year 6 into 7 Orientation Day

It was lovely to speak to the Year 6 students and their parents on Orientation day this week. I am sure they had a great day familiarising themselves with the layout of the school, meeting some students from other schools and of course participating in the activities. The day was also full of some very important information for parents and I would like to highlight a few of these points:

- **Attendance** – success at school starts with good attendance. Students who attend every class, every day, achieve the best growth in their learning. They also give themselves the best chance to make progress towards achieving the outcomes of the courses they are studying. It's Not Okay to Stay Away
- **Uniform** – SGHS is a proud uniform wearing school and 2020 marks the second year of the phase in period for our new style school uniform. Shoes must comply with WHS regulations and be fully enclosed with a sturdy upper.
- **Homework** – Students are encouraged to take advantage of the Homework Club which operates from the library after school each day. A small amount of time spent doing homework each day is far more beneficial than trying to do it all in one night. Our aim this year was to have every student complete every assessment task and I am happy to say that we made excellent progress towards achieving this.

#### Rewards Day

Next Friday, 13th December is rewards day. We have Years 7 and 8 heading off to the Big Banana at Coffs Harbour and Years 9, 10 and 11 going to Dreamworld on the Gold Coast. Any students not attending these excursions should be at school. This is particularly important for Year 11 students who have an assessment task on the following Monday.

## Presentation Day

Our annual presentation day Awards Assembly will be held on Tuesday 10th December in the school hall commencing 10.00 am. This is a great opportunity to acknowledge the effort and achievements made by our students throughout the year. We also have a variety of performances to showcase. Students receiving an award or performing have been given a special invitation for their families to attend the event. However, all parents, carers and members of the community are also welcome to attend.

## Yr 6 Orientation Day

On Tuesday, 150 Year 6 students participated in our school's orientation day. The day began with an introduction to the school from various staff and community representatives. Students and parents were then given a tour of the school. Students also participated in a variety of fun and engaging activities. We look forward to seeing these students next year as Year 7, 2020.



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e [sthgraffton-h.school@det.nsw.edu.au](mailto:sthgraffton-h.school@det.nsw.edu.au)  
p 02 6642 1466 f 02 6643 2027  
m 0404 260 328  
[www.sthgraffton-h.schools.nsw.gov.au](http://www.sthgraffton-h.schools.nsw.gov.au)



# Diary Dates

## Monday 9 December

- SGHS Presentation Day Rehearsals

## Tuesday 10 December

- SGHS Presentation Day
- Yrs 7 to 10 School Reports handed out

## Wednesday 11 December

- STAR Presentation & Celebration
- Principal's Tea Party

## Friday 13 December

- Rewards Day Excursions, Yrs 7 - 11

## Monday 16 December

- Year End Activities

## Tuesday 17 December

- Year End Activities

## Wednesday 18 December

- Last day of school for students

# Congratulations Holly

Holly has qualified to play in the Jack Newton Junior Golf Champion of Champions Masters event at the Bonville Golf Club. The event is by invitation only and Holly's great results throughout the year have earned her this wonderful opportunity.

# Congratulations Josslyn and Olivia

Josslyn and Olivia Brown recently competed at the North Coast CHS Surf Lifesaving Competition. Josslyn achieved a second place in the Under 13's Short Board event.



# Congratulations Carter

The Clarence Valley Conservatorium has just awarded \$18,000 in Scholarships to 17 talented students in the Clarence Valley to assist them with their studies at the Conservatorium. These students are all to be congratulated on their achievements, which are the result of much hard work and dedication. Congratulations to Carter Smith who received a scholarship for Trumpet Senior Music.



# Tafe Yes Program

The TAFE YES Program has been extremely successful this year with 45 students in Term 2 and 78 students in Term 4 completing various Vocational Education and Training courses. The Year 9 and Year 10 students have given positive feedback about the program and have thoroughly enjoyed participating in the courses. The courses develop knowledge and skills in specific areas and prepares them for further study and future employment.



## Grafton Bridge Opening

This Sunday will see the opening of the new Grafton Bridge. School Captains from through the Grafton region have been invited to attend the official opening of the bridge from 10am. In preparation of the event three of our brightest artists, Madison, Hanna and Zaleea, have been working on a painting to commemorate the event. After the event the painting will be donated to the local historical society.





# Clontarf Gagu News

The Clontarf Academy has topped off a fantastic year for 2019 with an awesome awards night, held at the Grafton District Golf Club. Over 120 boys, family members, local business partners and SGHS staff attended the night to celebrate the success of the boys in the Academy. The night was extremely positive and a great time had by all. Damon Kirby did a fantastic job as MC, and mention goes to William Tibbett who delivered the Acknowledgement of Country. Those who attended were also given the opportunity to meet South Sydney Rabbitohs Five-Eighth, Cody Walker, who spoke about his journey to the NRL, overcoming adversities and committing to his goals. He graciously gave up his time to spend time with the boys and share in celebrating their successes.

Award winners on the night were given a framed certificate, as well as a \$70 gift voucher from Sportspower. Award winners included:

Wyatt Lavis: Principal's Award

Kyle Jessup & Jamal Laurie: Attendance Award

Teven Gallagher: Leadership Award

Jamal Laurie & Samuel Petch: Clontarf Spirit Award

William Tibbett: Education Award

Richard Carey & Patrick Phillips: Top Trainer Award

Damon Kirby: Employment Award

The other highlight of our past few weeks has been the transition programs that we have been running for the Year 6 boys at both Gillwinga and South Grafton Primary Schools. The Year 6 boys loved hearing about the awesome fun and hard work that awaited them in the South Grafton Clontarf Academy. We look forward to working with them next year and helping them find their feet at high school.

We would like to thank everyone who has engaged in our program in 2019. In particular we are grateful to the community for the positive way in which they have embraced us. We look forward to working with the Clontarf boys at South Grafton High School throughout the New Year.

Upcoming Clontarf Dates:

- Monday 9/12/19: Year 8/9 Indoor Cricket Carnival at Kempsey
- Tuesday 10/12/19: Year 12 Graduates depart for Gold Coast trip
- Thursday 12/12/19: Year 12 Leadership Camp at Yarrowarra Cultural Centre
- Tuesday 17/12/19: Attendance Rewad Day, Paintball at Coffs Harbour





# Maths Olympics

Recently Year 7's competed in the 2019 Maths Olympics. Twenty five teams competed to achieve points across three activities which involved different problem solving skills. Throughout this day these teams experienced the excitement and engagement that Mathematical thinking skills can bring. The perseverance, focus and enthusiasm was obvious throughout the day. This day has shown we certainly have some up and coming Mathematicians at SGHS. Miss Millican is the teacher behind this event and awarded medals for first, second and third place teams along with gift vouchers. Everyone involved did an excellent job.





# Maths Presentation

These wonderful students received their awards for outstanding participation in extracurricular mathematics competitions at a luncheon last Friday. They represented South Grafton High in the Australian Maths Competition and the Education Perfect Mathematics World Championships in which we came 1st in NSW and 10th in the world in our category.



## No Parking Zone

Please be mindful that the area in front of the hall is a bus zone between 8.00 - 9.00 am and 3.00 - 4.00 pm on school days.

Council staff have been patrolling this area of late and a number of parents have incurred a \$344 fine. Please also note that the area between the bus zone and the front of the school is a no standing area and could also incur a fine.





# Businesses We Love!

**NO LOCK-IN  
CONTRACTS  
EVER!**

**jetts**  
24 hour fitness

\*Terms and conditions apply and are available at jetts.com.au

 **Bendigo Bank**

Good for **U**  
**AND** your  
community

**BUNNINGS**  
warehouse

**FIVE MILE  
SMASH REPAIRS**



- ✓ Spray Painting
- ✓ Paintless Dent Removal
- ✓ Plastic Welding
- ✓ Light Mechanical Work
- ✓ Courtesy Car (conditions apply)

325 Armidale Road South Grafton  
P 02 6642 3366 E [smashmail@bigpond.com](mailto:smashmail@bigpond.com)

**SUPPORTING  
THE LOCAL  
COMMUNITY**

*Valley*  
**SIGNS  
AND PRINTING**

**37 Bent St. South Grafton  
6643 3767**

## SCHOOL LEAVER EMPLOYMENT SUPPORTS

**Finishing School? Looking for new experiences, skills & work?**

The CHESS Connect School Leaver Employment Supports (SLES) helps Year 12 School leavers in the Coffs Harbour area who are NDIS eligible gain the skills needed to transition into employment.

- Identifying Key Skills & Goals
- Building Capacity & Life Skills for Independence
- Job Readiness Skills
- Vocational Assessment
- Work Experience & Placement

*Finishing school before year 12? Our Find a Job, Keep a Job service can help you!*

Local to the Clarence Valley region

**CHESS Connect**

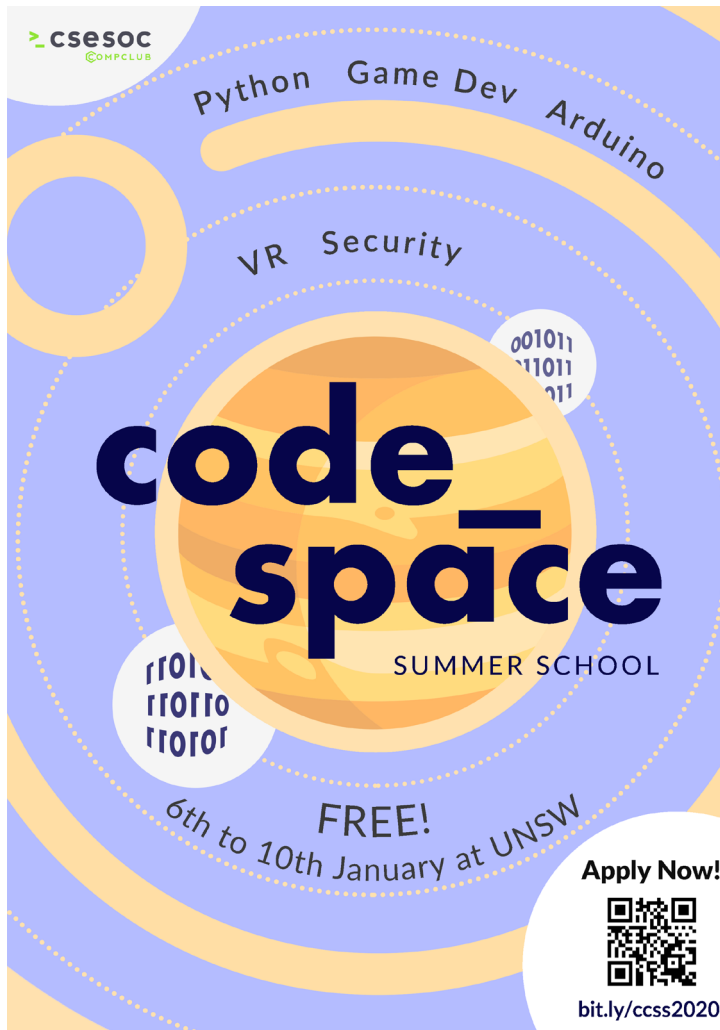
1800 899 017

[www.chessconnect.org.au](http://www.chessconnect.org.au)



Please support those businesses that support our school  
If your business would like to support our school give us a call on 0266421466

# Community Notice Board



**code\_space** SUMMER SCHOOL

Python Game Dev Arduino  
VR Security

001011  
11011  
011

6th to 10th January at UNSW

**FREE!**

**Apply Now!**



[bit.ly/ccss2020](http://bit.ly/ccss2020)

csesoc @OHPLUB



**WEP STUDENT EXCHANGE**

**TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!**

**AT A GLANCE:**

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!" CAITLIN, CANADA**

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733



Family and Relationship Services

## Managing Anger in Children

### A FREE workshop for parents

#### Workshop covers:

- What is aggression and why do we use it?
- What happens in the brain to produce aggressive behaviour?
- What can parents do to help their child take charge of their aggression?



**Date:** 9<sup>th</sup> December 2019 (bookings essential)

**Time:** 9:30am to 12:30pm

**Where:** CRANES - (11 Kemp Street, Grafton)

**Cost:** FREE (light refreshment provided)

To be eligible for our free workshops you must have a child in your care, seeking access to or restoration of a child or support someone who does. Grandparents and foster and kinship carers are most welcome!

To download our term calendar visit [www.cranes.org.au](http://www.cranes.org.au)

Call CRANES for enquires or to register (no referral necessary)

Free childcare available. Limited spaces so book early!

Ph: (02) 6642 7257 Email: [FaRS@cranes.org.au](mailto:FaRS@cranes.org.au)

CRANES' Family and Relationship Services is funded by the Dept. of Social Services





The mobile van is screening in **GRAFTON**

Pound Street (near Market Square)

September until mid-December 2019



Call 13 20 50 to book your **free** screening mammogram

**13 20 50**

0 minutes every 2 years could save your life

For women aged 50-74 years  
[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)



## Have you been affected by a natural disaster?

Damage to property caused by natural disasters can affect anyone and often catch us unprepared. It can be very disruptive as people rush to have urgent repairs carried out. NSW Fair Trading and other service providers can assist.

### Home Repairs

Before undertaking repairs, make sure the tradesperson is licensed for the job that needs doing. You can check a tradesperson's licence on the Fair Trading website. Carefully read contracts before signing them and make sure you understand any terms and conditions.

### Warning - travelling tradesmen

Beware of travelling tradesmen and unlicensed traders, who target disaster-affected areas, offering cheap, cash-only repairs to roofs, driveways and damaged trees.

If you take up such offers, you run the risk of:

- substandard work
- being left out of pocket if the trader disappears before finishing the job
- being unable to contact the trader once they have been paid, and
- paying more to have a legitimate tradesperson repair shoddy work.

## BE AMBITIOUS

## EVER THOUGHT OF A CAREER IN ELECTROTECHNOLOGY?

Are you keen to undertake a 5 week course, 3 days per week with the view to applying for a full time Apprenticeship at the end?

### COURSE SNAPSHOT

Location: TAFE NSW, Grafton Campus, 7 Clarence Street, Grafton NSW 2460

Course: Statement of Attainment for CP White Card and 3 trade units that can be credit transferred towards either the UEE30811 and/or UEE32211 qualification

Cost: Fully Government Subsidised Study training programs

Delivery: Commencing Monday 4<sup>th</sup> November until Wednesday 4<sup>th</sup> December for 3 days per week over five weeks.  
Delivery of Career Pathway Skills at TAFE NSW Grafton Campus Monday 8.30 to 3.30pm  
Delivery of Electrotechnology units at TAFE NSW Grafton Campus Tuesday and Wednesday 8.00 to 4.00pm.

### CONTACT US TODAY!

### COURSE DESCRIPTION:

You will undertake nationally accredited units of competency Apply Occupational Health and Safety regulations, codes and practices in the workplace Fabricate, assemble and dismantle utilities industry components

Prepare to work safely in the construction industry

Provide cardiopulmonary resuscitation

Solve problems in ELV single path circuits

### You will be equipped with:

A White Card (also known as a General Construction induction Card - mandatory in Australia to work on a construction site)

### You will understand

• Workplace expectations in the commercial construction sector

### You will know how to

• Communicate, behave and work safely and effectively on a construction site And be ready to Apply for a full time position in Electrotechnology as an apprentice

### Places in this course are limited.

### REGISTER YOUR INTEREST

For more information

Phone: (02) 66 204761  
Website: [tafensw.edu.au](http://tafensw.edu.au)

**TAFE NSW**

RTO 90003. This document is correct at the time of printing, February 2017.  
\*Terms and conditions may apply.



Before you employ a tradesperson:

- check your insurance policy and find out if you are covered
- ask around for suitable tradespeople and get quotes
- Ask for a tradesperson's full name and licence number and check they are licensed to do the work
- do not pay in full up front
- be wary of door-to-door offers - get proof that the tradesperson is offering the deal legally and appropriately
- check with your local council if a building permit or other approval is needed.

### Renting your home

Landlords and tenants have rights and responsibilities if their rental property has been affected by a natural disaster, including arranging for urgent repairs, cleaning or clearing any debris caused by a disaster and arranging for utilities to be restored if they were cut-off due to damage to the property. More information on natural disasters in a tenancy is available on the Fair Trading website.

### Rented caravan damaged or uninhabitable

You can terminate your agreement immediately and go elsewhere. You need to notify the Park Manager. You need to give a notice of termination in writing.

### Furniture or personal belongings damaged

You need to contact your own insurance company about your contents insurance policy. If you need disaster assistance, visit the Emergency New South Wales website at [www.emergency.nsw.gov.au](http://www.emergency.nsw.gov.au)

### Car damaged

Contact your own insurance company to have the damage assessed. If the damage can be repaired, make sure you go to a licensed motor vehicle repairer.

### Credit, debt and insurance problems

Contact your financial institution or insurer in the first instance. If you are unable to resolve the issue, call the Credit and Debt Hotline on 1800 007 007.

**[www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au) Enquiries: 13 32 20**

Language assistance: 13 14 50 (ask for an interpreter in your language)  
Indigenous: 1800 500 330 TTY: 1300 723 404 for hearing impaired

# NORTHERN NSW FIRES | 15 November

## Community Recovery Information #1

This newsletter contains recovery information for people recently impacted by bush fires in NSW.

### Health and wellbeing

#### *Looking after yourself and others*

Bush fires can be distressing and you might feel things like sadness, frustration, anxiety or have trouble sleeping or remembering things. This is a normal reaction to an abnormal event and is not a sign of weakness.

Having someone to listen and support you at times like this is important.

Some tips on managing your recovery include:

- spend time with family and friends
- try to get back into a routine
- continue a healthy lifestyle (eating, sleeping, exercise)
- take time out but don't isolate yourself
- express your feelings in your own time and way
- accept help when it is offered
- limit the amount of media coverage you are exposed to
- don't expect to have all the answers
- understand you are not alone in your experience.

*Keep checking in with your friends and neighbours and looking out for each other.*

#### **Free face-to-face support**

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, to provide people with strategies and techniques to manage mental health.

- **Hunter/New England – Healthwise**  
**1800 931 540**
- **North Coast - Connect to Wellbeing**  
**1300 160 339**

#### ***Free telephone support***

The following are free services available 24 hours a day, seven days a week:

Mental Health Line	1800 011 511
Lifeline	13 11 14
Mensline	1300 789 978
Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636

*If you or someone you know is in immediate danger always call 000.*

### Are you insured?

If you are insured you should talk to your insurance company as soon as possible about how to make a claim. If you have clearance, you can start cleaning up immediately - but first take pictures or video of any damage to your property and possessions as evidence for your claim. The Insurance Council of Australia can be contacted with any questions, complaints or concerns about your insurance on

**1800 734 621.**

### Support for Individuals

#### *Disaster Relief Grants*

If you are not insured and have limited income, you may be eligible for a disaster relief grant. Please call Disaster Welfare on 1800 018 444.

Grants are available for eligible individuals and families whose homes and essential household contents have been damaged or destroyed by a natural disaster.