From the Principal’s Desk

Welcome to a Decade
The end of 2019 was a very difficult time for many families and communities in our area and I am mindful that just because the fires have died down, it doesn’t mean that the ordeal is over. Please do not hesitate to contact us if you need help.

The beginning of the new school year has been incredibly busy, especially with new enrolments and I would like to extend a very warm welcome to all of the families joining us this year. I hope that your association with SGHS will be a long and productive one. I would also like to welcome back our returning families and thank them for their continuing support.

Swimming Carnival
The swimming carnival is next Tuesday, 4th February and if it is anything like last year’s carnival, it will be amazing. There will be a wide range of competitive and non-competitive events as well as access to the waterslide. All of the students I spoke to last year told me that they had a great day.

Welcome BBQ
On Monday 10th February, we will be having a welcome BBQ for all students and their families. This will be a great opportunity for our students to introduce their families to their teachers and enjoy a free sausage sandwich. There will also be some luck door prizes for student at the end of the evening.

School Photos
School photos are scheduled for Wednesday 12th February. Classes will be called up at various times during the day to be photographed. Students are to wear their full school uniform, not their sports uniform on the day. Please contact the school if you require assistance to purchase uniform items. Students wishing to have sibling photos taken may collect an envelope from the front office.

Dux of SGHS 2019
Scott Rose has been named Dux for the graduating class of 2019. Scott’s dedication to his studies has seen him achieve an outstanding ATAR of 94.35. Due to Scott’s academic excellence he has been awarded the Southern Cross University Chancellor Scholarship. He has chosen to study Computer Science at the University of QLD.

Just as impressive was the mark awarded to Thea Shillam. Thea achieved an ATAR of 94.05, again earning her a scholarship at the Australian National University in Canberra where Thea will be studying Languages.

We wish our graduating class of 2019 all the best in their future endeavours.
Diary Dates

Tuesday 4 February
- Swimming Carnival
- Canteen Closed

Thursday 6 February
- YAM (Youth Aware of Mental Health) session 1

Monday 10 February
- Welcome BBQ for all parents

Wednesday 12 February
- School Photos

Thursday 13 February
- YAM, session 2

Tuesday 18 February
- University Roadshow Yr 12 SGHS hall

Thursday 20 February
- YAM, session 3

Friday 21 February
- Catch up photos

Swimming Carnival
SGHS swimming carnival is on Tuesday 4 February at the Grafton Pool. Buses will depart SGHS from 8.30 am - 9.00 am. Students to pay $2.50 for the bus and $4.00 upon entry to the pool. Please note that the canteen will be closed on this day.

2020 House Captains
Alpha - Matthew Barker & Kyra Backwell-Geerin
Vice: Dane Collis, and Charlotte Cooper
Beta - Jacob Hearfield, Leah Henderson
Vice: Harley Johnson and Jess Fuller
Gamma - Jamal Laurie and Amy Polidano
Vice: Allan O’Sullivan and Tyleah Larcombe
Delta - Isaiah Thornton and Mia Trevillian
Vice: Lachlan Wilcox and Jaylah Wyatt

Healthy Breakfast
The SGHS Bendigo Bank Healthy Breakfast Program will start back on Monday 3rd February in the school hall starting at 8.00 am. The program runs every morning and is available for free to all students. This is one of the most important wellbeing programs that we provide to students.
Studies show that eating a healthy breakfast:
- can help you manage your weight
- can help you meet your daily nutrition needs
- can help with concentration
- can boost your metabolism.
Youth Aware of Mental Health

The Department of Education is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM). YAM is a program aimed at addressing the mental health needs of young people. YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people will learn problem solving skills and gain knowledge about mental health. This is a free program for all Year 10 students that is run by qualified YAM instructors.

YAM will be delivered in Term 1 2020 on Thursday 6 February, Thursday 13 February & Thursday 20 February. Year 10 students were given a YAM flyer and permission note on Thursday to take home to their parents and/or caregivers. There is no need to return the form unless you DO NOT want your child to participate in the program.

If you wish to discuss or gain further information about the YAM program please contact Sarah Dewberry (Head Teacher Welfare) or Sarah Blackman (Student Support Officer) at the school or visit http://www.y-a-m.org/

2020 HSC

Year 12 students with special needs or disabilities. The process has already begun for students with special needs or disabilities to apply for special requirements during the 2020 HSC exams eg. Reader/Writer, Rest Breaks, Small Group Supervision, Food/Drink required for medical reasons, etc. If there are any Year 12 students who wish to apply for Disability Provisions for the HSC, please contact Ms Kinny, Ms McPherson or Mr Martin (Learning and Support Teachers) in the Library. In order to qualify, assessments and/or medical evidence are needed as well as marked assessment tasks and teacher comments. The School must submit all the required evidence to NESA by the end of Term 1 2020. After that time, other applications may be submitted as issues arise.

HSC Marine Studies

The HSC Marine Studies class were busy last term making fishing lures for their first assessment task. They had to design a lure targeting a particular fish species, researching the specifications, colours and patterns appropriate for their design. Students had to carve the lures from balsa wood, adding sinkers, bibs, and hooks, then finally painting. Mr Blundell challenged them with the incentive of Best Lure Maker receiving a $20 BCF voucher. A judging panel of Mr Blundell, Mr Barnier, Ms Ryan and Ms Wood determined the top 4 lures, which were then taken to BCF for final judging. The staff at BCF kindly donated prizes for 2nd and 3rd - a hat and lure pack. The winners were: 1st Mykaila, 2nd Brooke and 3rd Lilly. Congratulations to the winners and everyone else in the class on their excellent efforts on this task. A huge thanks also goes to BCF for their expertise and donated prizes.

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!

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

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!
Student Exchange Australia New Zealand
Free live online information session for students and families. Hear from our very experienced, Senior staff, find out more about discounts and scholarships available and ask questions. Thursday, 30th January at 5.30pm (AEDT) / 7.30pm (NZT)
Register now
Visit [studentexchange.org.nz](http://studentexchange.org.nz) or call 0800 440 079 for more information