

Newsletter

SOUTH GRAFTON HIGH SCHOOL

Term 1, Week 1, 2023

From the Principal's Desk

Welcome back to South Grafton High School for 2023. I hope everyone had a safe, happy and relaxing holiday. On Tuesday, we welcomed our new Year 7 students as well as our Year 11 and 12 students. Years 8, 9 and 10 returned on Wednesday. Our Year 11 students will be noticing the increased workload, moving from Year 10 into Year 11 as they work towards their HSC.

Several of our students have been successful with apprenticeships over the holidays. Just a reminder that most will need an exemption from enrolment. This will require an application, as well as proof of the apprenticeship (eg letter from employer or a contract). Contact the school for further information.

We also welcome several new members of staff to South Grafton High School. They include:

- Mr Blundell, Deputy Principal
- Mrs Martin, Deputy Principal
- Ms George, Head Teacher
- Mr Moar, English teacher
- Mr Finlay, Science teacher
- Ms More, HSIE teacher
- Ms Ridhewell, TAS teacher
- Ms Every, HSIE teacher
- Mrs Bruce, Support teacher

Also in relieving roles we have:

- Mrs Jelinek, Science Head Teacher
- Mr Brunton, Head Teacher CAPA

Our Head Teacher Industrial Arts is currently being advertised and our Head Teacher Science will be advertised as soon as the panel is finalised.

A reminder that the first P&C meeting for the year is on next Monday 8 February 2023 in the school library.



Tyson Street, South Grafton, NSW 2460

e 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



Diary Dates

P&C Meetings - First Monday of the Month at 5.30pm in the Library, all welcome.

Monday 6 February

CHS U15s Touch
Yr 8 PCYC Program starts

Friday 10 February

Whole School Photos

Monday 13 February

Heron Island Excursion begins
Woolgoolga Surf School

Tuesday 14 February

Bangarra Dance Workshop - SGHS

Friday 17 February

School Photos Catchup

Daily - A reminder that 'Healthy Breakfast' is available for all students from 8.00 am in the hall



School Links

Our school website is where you can find information related to how our school operates including policies and procedures. For access to day-to-day information, students and parents should refer to the Sentral Parent and Student Portal and/or our school Facebook page. SGHS Website [https://sthgrafton-h.schools.nsw.gov.au/Sentral Parent and Student Portal](https://sthgrafton-h.schools.nsw.gov.au/Sentral%20Parent%20and%20Student%20Portal) <https://web2.sthgrafton-h.schools.nsw.edu.au/portal2/#!/login> SGHS Facebook <https://www.facebook.com/southgraftonhighschoolofficial/>

Uniforms

When students wear a school uniform, they feel included in our school community. Students, teachers, parents and carers, as well as members of our local community helped develop our school uniform to make sure it:

- meets the requirements of occupational health and safety, anti-discrimination and equal opportunity legislation
- includes items that are affordable, comfortable and made from easy-care and easy-wear fabrics
- is appropriate for the full range of school activities
- is suitable for all body shapes.

At South Grafton High School we source all of our uniforms direct from the supplier, meaning a huge saving for our families. Visit the school Library to view our range.

https://sthgrafton-h.schools.nsw.gov.au/content/dam/doe/sws/schools/s/sthgrafton-h/uniform_poster_landscape.jpg

I need to collect my child early from school

What you need to do:

- If you need to collect your child early from school, to reduce disruption during class time, it would be appreciated if you could send a note to school with your child to present at the attendance window before school.

Helpful Contacts

Kids Helpline Official: 1800 55 1800.

<https://kidshelpline.com.au/>

Suicide Call Back Service: 1300 659 467.

<https://www.suicidecallbackservice.org.au/>

Headspace: 1800 650 890. <https://headspace.org.au/>

Lifeline: 13 11 14. <https://www.lifeline.org.au/>

Beyond Blue: 1300 22 4636.

<https://www.beyondblue.org.au/>

If I'm sick at school?

What you need to do:

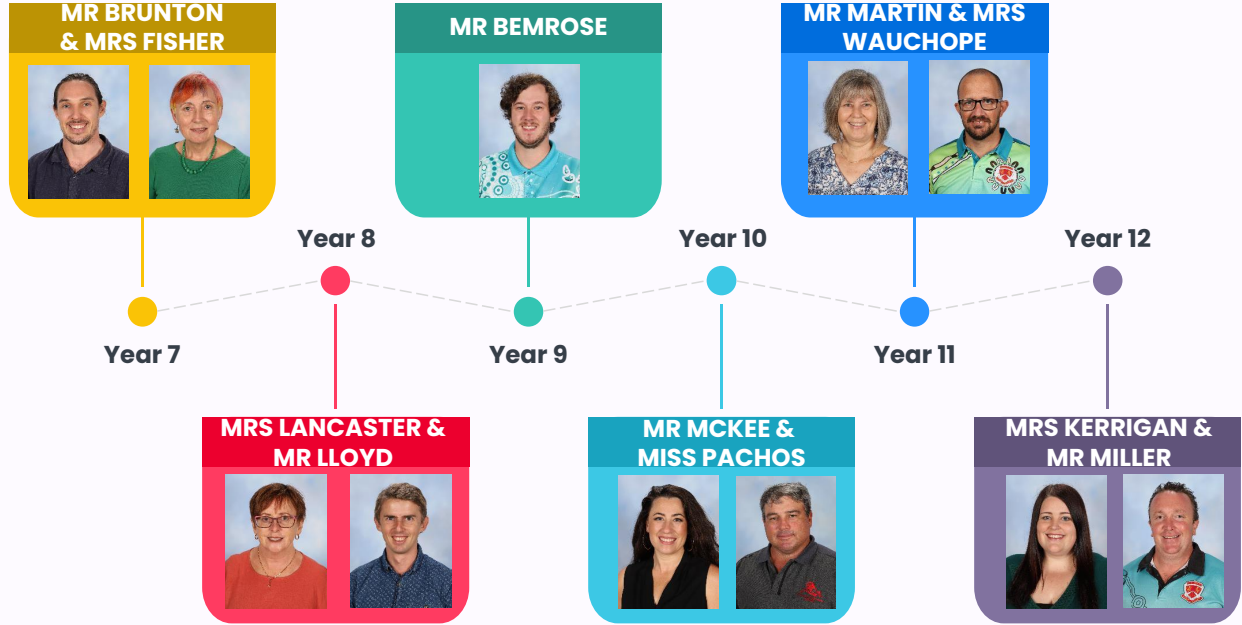
- Let your teacher know that you feel sick
- Your teacher will write you a note to present to sick bay
- The office will either call your parents/carers to take you home or you will have 15 minutes rest time and then return to class

South Grafton High School Wellbeing Team 2023

SGHS has many wellbeing programs and staff that aim to improve and support student welfare and learning outcomes. Each year group have a year advisor/s who are the first point of contact for students and parents regarding wellbeing issues. Please see the 2023 year advisors pictured below.

Our school also has a student support office, Sarah Blackman, school counsellors and head teacher Wellbeing, Sarah Dewberry.

SGHS YEAR ADVISERS



ROAR Peer Mentor Training. Our student mentoring program ROAR is underway. Thank you to the Year 10 mentors who volunteered their time on Tuesday to welcome and support our Year 7 students on their first day of high school. Our mentors helped students get to their classes, supported them in class and spent time getting to know them and playing games during recess and lunch. The ROAR program will continue to run throughout the Term to help Year 7 students transition to high school life.

ROAR

STUDENT SUPPORT ROADMAP

WHERE CAN I GO FOR SUPPORT AT SCHOOL?

TEACHERS & LEARNING SUPPORT STAFF

You might feel comfortable chatting with a trusted adult about the problem.

STUDENT SUPPORT OFFICER (SSO)

Are things starting to get tricky? The SSO can connect you with wellbeing resources, programs and supports.

SCHOOL COUNSELLING TEAM

Are your issues having an impact on your daily life? Help is available! Talk to our awesome counselling team.

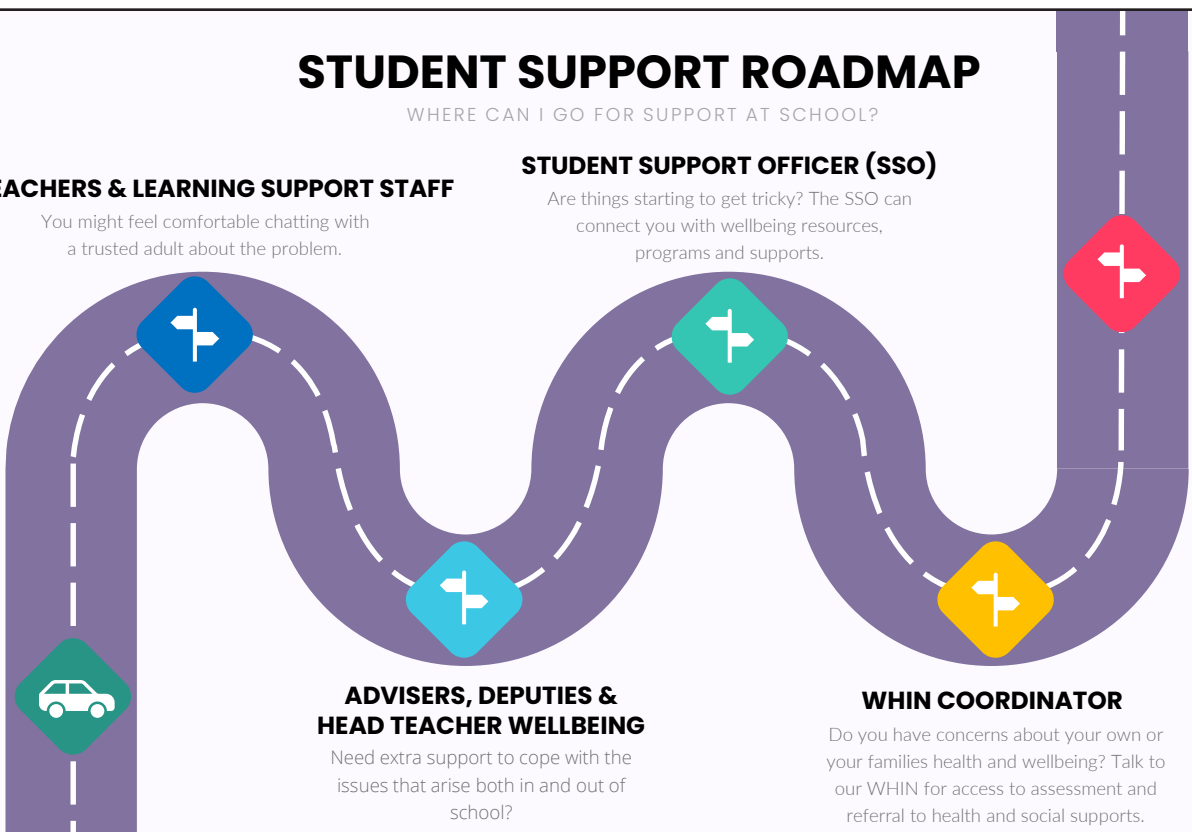
START HERE

ADVISERS, DEPUTIES & HEAD TEACHER WELLBEING

Need extra support to cope with the issues that arise both in and out of school?

WHIN COORDINATOR

Do you have concerns about your own or your families health and wellbeing? Talk to our WHIN for access to assessment and referral to health and social supports.



School Photos

Our annual school photos will be held Friday 10 February. Students will receive a photo envelope soon, which will outline purchase options. Students need to be in *full school uniform* and will be required to bring

the photo envelope with them on the day, regardless of whether they are purchasing photos or not. Back up photo day will be Friday 17 February 2023.

SGHS Bendigo Bank Healthy Breakfast Program

Our breakfast program starts back on Monday 13 February. The program runs every morning from 8am in the school hall and is available for free to all students. This is one of the most important Wellbeing programs that we provide to our students as studies show that eating a healthy breakfast:

- Assists with weight management
- Helps meet daily nutritional needs
- Improves concentration
- Boosts your metabolism



Sculpture Workshop Pieces



Rewards Day 2022

Year 7 2022 enjoying the end of year rewards day at Dolphin Marine Magic.



parent and carer mental health education session

upcoming sessions

headspace is offering free mental health education webinars in Term 1, 2023 for Parents and Carers in Northern NSW. Follow the links to register.



Navigating uncertainty and change

Date: 13 February 2023
Time: 12:00 - 1:15pm AEDT
Location: Online webinar
Registration: bit.ly/3IS0XHU

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



Connecting and communicating with my young person

Date: 8 March 2023
Time: 6:00 - 7:15pm AEDT
Location: Online webinar
Registration: bit.ly/3QWW6Y1

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



For more information: Contact us at programsupport@headspace.org.au

Community News



Come and try Rugby League
with
South Grafton Junior Rebels

Wednesday 8th February
4:30pm - 5:30pm

JJ Lawrence Fields, Ryan St South Grafton

Ages 5 and up welcome

Active kids vouchers can be used when registering

All enquiries please email sgjrjpublicityofficer@gmail.com or sgjrjregistrar@gmail.com

Or find us on



South Grafton Rebels Junior Rugby League

Footloose THE MUSICAL



In 2023 we will present a special 90-minute version of Footloose, designed especially for students under 18.

Join us as we dust off our dancing shoes and celebrate youth, listening and the power of forgiveness.

We're on the hunt for the Clarence Valley's best young musical theatre performers and those who want to learn how to be.

Auditions: Thursday 2 February, 2023

Performances: June 23-25, 2023

Phone or email to register your interest.

CVCON
CLARENCE VALLEY CONSERVATORIUM

GET ACTIVE ✓

MAKE NEW FRIENDS ✓

PLAY SOCCER!

Coult's are looking for legends 5-17 years old for the 2023 season!

ACTIVE KIDS

Beginners welcome!

Use your voucher!

Text club Vice President Amy on 0422 810 330 with your name and email to be sent all the information - we play in Grafton AND Coult's



Scan me for more info

Lesson times during the week Mon-Fri
7:30am - 8:30am
3:45pm - 4:45pm
5:00pm - 6:00pm

Advanced Extension lesson
6:10pm - 7:10pm (Mon, Wed, Fri only)



SYDNEY ACADEMY OF CHESS

WEEKLY ONLINE LESSONS AVAILABLE

Weekly online chess lessons with qualified coaches

Access to the Chess Squad Academy website

Chess games and tournaments in a safe environment

Enrol now for 2023

www.sydneycademyofchess.com.au
(02)9745 1170