Cross Country

Congratulations to all students who participated in the school cross country on Thursday April 11th. Despite the look of the weather an enjoyable day was had by all. Thank you to Mr Dalli and all the staff and students who helped organise the day, especially Mr Dobbie for transporting the gear to Lennox for the day.

Bluesfest

Five students from Kadina High School performed at the 2013 Bluesfest as part of the Young Sounds showcase. This annual event allows Kadina to showcase the musical talent within our school. This year our Entertainment students also had an opportunity to be involved in the behind scenes of the Bluesfest Busking Competition and the Bluesfest busking tent on Easter Sunday. I acknowledge the work by Ms Johnstone and Mr Sassi in the supporting the students. These events would not occur without the support of Mr Peter Noble, Managing Director of Bluesfest, and ACE entertainment.

ANZAC Day

All students are invited to march with Kadina High School at this year’s Anzac March on Thursday 25th April. Please attend in full school uniform we will be meeting at 8.30am in the Browns Creek Carpark.

Term 2

Term 2 in 2013 will start with two staff development days. One of these days focuses on the new Board of Studies curriculum being introduced from 2014 as a result of the new National curriculum. Kadina teaching staff will be attending workshops at Lismore High School, with not only their staff but also staff from Richmond River High School and Nimbin Central School. This will be the first of a number of workshops staff will attend in preparation of the changes in place for the new year. Students will return on Wednesday May 1st.

I wish all students, their families and Kadina staff a safe and happy holiday.

Ian Davies
Principal

TABLE TENNIS NEWS

On Monday the 18th March the Kadina Open Table Tennis team took part in a Gala Day held at the Goonellabah Table Tennis Centre.

Teams from Bonalbo, Alstonville, Lismore, Evans River and Kadina competed on the day. Kadina came away the eventual winners as a result of good team play.

Kadina defeated Evans River 7 rubbers to love in the first round, they then defeated Alstonville 6 rubbers to 1 and finally they defeated Lismore 6 rubbers to 1.

The Kadina team members in order of ranking are Ethan Wakely (Year 9), Brock Swift (Year 9), Dylan Jones-Wright (Year 8) and Tom Shorter (Year 9).

Kadina will now go on to play the winner out of Kingscliff and Tweed River. Congratulations boys.

Warren Carter, Teacher

Being a Kadina student means that you:

- CARE FOR YOURSELF
- CARE FOR OTHERS
- CARE FOR THE ENVIRONMENT
- CARE ABOUT LEARNING
OPEN BOYS FOOTBALL

The Open Boys Soccer team recently played Evans Head in Round 1 of the Knockout Competition and defeated them 3-1, after a slow start. On Tuesday 9th April the boys played Round 2 against Alstonville at Alstonville. Unfortunately they lost 4-1.

Better luck next time boys!!

*Tony Wilson, Teacher*

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MUSIC NEWS

The lead up to this year's Bluesfest was a busy time with music students rehearsing for the Young Sounds of Byron showcase. Congratulations to A Game of Four (Jess Johnson, Luci Gray, Dom Waters and Aaron Cooper) and Dylan Pinkerton for their performances of original pieces in the Lotus Palace, a new venue at the festival.

Prior to the festival, several Entertainment students worked on sound and lighting for the Bluesfest Grommet Busking Competition held at the Byron Youth Activities Centre. Their skills were greatly appreciated by the organisers of the competition and they were each given a day pass to the festival as a reward for their commitment. Some of the students are pictured below watching the winners of the competition who performed in the Bluesfest busking tent.

Two of the Bluesfest performers, Jess and Luci, will be teaming up again to perform at Crankfest at Evans Head on 27th April. If you’re out and about, please go and support the girls.

The Year 7 guitar group meets each Wednesday recess. After just a few weeks the students are learning pieces in 3 parts which is fantastic progress! New members are welcome next term. Come and join the fun.

*Virginia Johnstone, Teacher*
BLUESFEST 2013
@ The Lotus Palace
Wilson River Catchment School Education and Restoration Project

Kadina High School March 22nd 2013

Do you think it is important to learn about our Wilsons River Catchment?

Yes!
(All respondents).

What is something you did or you learnt that you want to tell your school community, parents or friends when you get home?

⇒ That the bush was taken over by Lantana and that I helped plant new trees
⇒ How to keep the environment clean
⇒ That I planted a tree
⇒ I caught some water weed and 13 freshwater shrimp
⇒ How easily the waterways can be polluted
⇒ Reduce, reuse and recycle
⇒ Care for the environment and don’t litter
⇒ Everything I want to share the stuff about the water testing
⇒ To look after the environment more
⇒ Water is beautiful
⇒ Look after the creek and our environment.

What was the most important thing you learnt?

⇒ About different strategies to improve cleaning water
⇒ Not to drop rubbish
⇒ That pollution from everywhere can get into drinking water
⇒ We need to make our rivers clean and our oceans too. Also we need trees otherwise we will suffocate
⇒ How easily water can be polluted
⇒ How to keep the environment clean
⇒ How to plant trees
⇒ Care for the environment
⇒ Protect the environment
⇒ The environment is beautiful
⇒ About the water quality
Healthy catchment

We saw the creek turn brown after we made it rain on the model. That was soils, oils, detergents, rubbish, dog poo and other things left by us on the ground. It then washed down the drain into the creek, into the river and out to sea.

Planting trees will help improve the water quality by slowing the water flow, filtering the water, shading and cooling the water and stopping soil erosion and other pollutants washing into the creek. As well it will provide habitat for the local native plants and animals. This will enhance biodiversity.

= Healthy water

We thought the water in Tucki Tucki Creek looked like about a 3 or 4 out of 10 (10 = best quality). After we tested we increased our number to 4 or 5. There was a still pool and it was also flowing faster down further.

With the equipment we did 4 physical tests:
1. Turbidity (how murky)= 14 NTU (less than 10 is the healthy range)
2. Salinity (how salty)= 130 us/cm (less than 350 is the healthy range)
3. Temperature =22°C (18 to 22 is the healthy range)
4. pH (how sweet or sour; alkaline or acid) = 6 Acid (6.5 to 8 is the healthy range)

With the nets and ID charts we were finding out what macro invertebrates (water bugs) live in the creek. The water bugs vary in their tolerance to water quality. We found 8 types including one mayfly (very sensitive), lots of freshwater shrimp (tolerant) and quite a few leeches (very tolerant). We also found 8 mosquito fish (gambusa) that are like the cane toads of the creeks. The pollution index score was 3 (fair), less than 3 is poor. There are several other tests that we did not do today which would tell us more about the water quality. It would also be interesting to test again after dry weather.
Centre of Gravity

High functioning Autism & Asperger Syndrome Gaming/Socialisation Centre

- Caters for High functioning Autism and Asperger Syndrome individuals aged between 5-15 years.
- Centre of gravity will provide age appropriate socialisation activities for individuals aged from 5-9 years (E.g. sand play, art & craft, home corner, or puzzles).
- Centre of gravity will provide time limited rotation gaming duos for 5-15 year olds (E.g. Wii, Play station 3, or X box).

siblings Rulz Network group

- A group for siblings of individuals with special needs.
- Meet regularly to engage in social activities.
- Establish a local support network for siblings.

If you wish to receive further information about either of these groups please contact Wendy Briggs.

Contact details:
Coordinator - Wendy Briggs
Phone - 0418 280 669
Email – wendybriggs2@bigpond.com

Sickness Procedure
If a student becomes sick at school they should:
1. First inform their teacher or any teacher if in the playground.
2. The student should then report to the main office with a note and
3. If necessary parents may be contacted. It is policy that parents are contacted, and asked, where possible, to pick up their child.

Updated Information
Do we have your current contact numbers? Please ensure we have your current details so we can contact you in cases your child becomes ill or injured.

Uniform Pool
If you have outgrown school uniform tops and jumpers, the school can take them off your hands to place in the school uniform pool. Just drop them off at the school canteen. Your support is appreciated!
School Holiday Activities
North Coast Region

Sailing for Beginners
(10-14 yrs) A fun introductory opportunity for children to learn sailing with qualified instructors. Children will learn rigging and sailing techniques, as well as safety and teamwork on a Hobie Bravo. Participants will have plenty of opportunity to practise their new skills on the day.
Lake Ainsworth Sport and Recreation Centre
Monday 15 April
9am – 4pm
Cost $55

Surf Clinic (Level 1)
(8-15 yrs) If you want to learn to surf or simply brush up on your existing skills, this is the perfect program for you. Learn about safe surfing, skill development, rips, currents and surfing etiquette.
Lake Ainsworth Sport and Recreation Centre
Thursday 18 and Friday 19 April
9am – 4pm
Cost $130

Surf Clinic (Level 2)
(8-15 yrs) If you have previously completed the Level 1 Surfing program and are looking to improve on your surfing skills, then come and join us as we take you through wave selection, turning and dismounting correctly, paddling and catching unbroken waves.
Lake Ainsworth Sport and Recreation Centre
Monday 22 and Tuesday 23 April
9am – 4pm
Cost $130

Lake Ainsworth Activity Day
(7-13 yrs) A fun filled day of activities which may include canoeing, swimming, archery, bike riding and much more at the beautiful Lake Ainsworth Centre.
Lake Ainsworth Centre, Lennox Head
Friday 26 April
9am – 4pm
Cost $55

Come and Try Multi Sports
(6-12 yrs) An opportunity to come and try various sports at the one location with qualified coaches from Rugby League, AFL, Softball and Hockey.
Saunders Oval, Ballina
9.30am – 2.30pm
Wednesday 24 April
Cost $15

How to enrol
By phone: Call 6618 0400 and have your credit card details ready (Visa, MasterCard).
By fax: Complete the enrolment form, include your credit card details and fax to (02) 6687 4175.
By mail: Complete the enrolment form and send to:
Sport and Recreation
PO Box 121,
Lennox Head NSW 2478
Are YOU a young carer?

Do YOU look after someone who has...
- long term illness?
- disability?
- mental illness?

Do YOU do things like...
- shopping, cooking, cleaning, paying bills, help with showering & dressing, give medication & offer support

We may be able to help YOU!
The Commonwealth Respite & Carelink Centre will talk to you and your family about how we may be able to support YOU!. Freecall™ 1800 052 222*

*Calls from mobiles charged at applicable rates
The Challenge of Disciplining Your Child

...assists parents with constructive techniques in disciplining and encouraging their children

Assists parents to:
- understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
- use conflict as a tool to improve relationships
- use tips and hints on different discipline techniques

Dates: Wednesday 17th & 24th April
Time: 10am – 1pm
Venue: Ground Floor, 5 Market Street Lismore
Cost: $40 /$20 (concession)

More information:
02 6623 2750
lismore@interrelate.org.au

www.interrelate.org.au

Ideas for parenting teens

...focuses on how to effectively communicate and set boundaries with your teenager

Assists parents of teenagers to:
- reduce the anxiety inherent in raising teenage children
- help understand what is normal adolescent development
- develop skills to communicate and negotiate with teenagers

Dates: Monday 15th & 22nd April (2 sessions)
Time: 10am – 1pm
Venue: Ground Floor, 5 Market Street Lismore
Cost: $40 /$20 (concession)

More information:
02 6623 2750
lismore@interrelate.org.au
www.interrelate.org.au

YOUTH WEEK

AUSSIE BATTLES

OZIBATA

SUPERFRESH

SATURDAY - 6 APRIL

KADINA PARK

Kadina Park
Children and Young People Community

SPORTS DAY
Tuesday 23rd April 2013 10am-2pm
Netball Basketball Touch Football BBQ
Family Love Health Presents: & Garden

Launching over 4 weeks

April 24 - 7pm
Federal Hall

May 7 - 7pm
Mullumbimby

May 14 - 7pm
Byron Bay

May 21 - 7pm
Lismore

(May venues T.B.A.)

ALL 2 HR EVENTS FREE!

Book Now!
sandrakimler@gmail.com
(02) 6684-9499
All events - 16+

"Building Relationships for Life"

RAISING MEN
Support your son’s journey into manhood
3 day camp & program for boys 12-15 and their father or male mentor.
13 – 16 June or 19 – 22 September
02) 6684 3892
info@raisingmen.com.au
www.raisingmen.com.au