Principal’s Message

2014 School Captains Elect
Over recent weeks Kadina Year 11 students have had an opportunity to put their names forward to be elected in student leadership roles during 2014. Students nominated met with Mr Farrell and myself to discuss leadership, role modelling, and team building. Students in Year 11, and staff then had an opportunity to elect who they thought could best represent the student body in these roles. I congratulate the following students who were elected into the roles. I have great faith these students are going to be exemplarity in their roles.

Captains
Jessica Kent and Jordan Lees
Vice Captains
Erin Murphy and James Van den Bogert
SRC Reps
Kaleesha Rhodes and Clinton Fuller

Congratulations to Mr Waugh the Year 11 Student Adviser for the coordination of the elections.

School visit
Kadina High School had the great pleasure in welcoming the Deputy Director General, Greg Prior, Executive Director, Frank Potter and Director Public Schools, John Lynch, on Wednesday 4th September. The purpose of the visit was to discuss Public education in Lismore and more specifically The Rivers P-12 strategic plan. Also present at the meeting was Nigel Brito, Principal, Lismore High School and Dave Harvey, Principal, Richmond River High School. The student bodies were represented by Sam Nilon and Zoe Galea (RRHS), Taylor McBeath, Vienna Barker, Eleena Waldron (Kadina HS), Jessica Kent and Jordan Lees (KHS 2014 captains elect), Hannah Skye, Sharnee Fry and Jessica Steele (LHS 2014 Captains elect).

Kadina Students
Kadina students continue to excel in a number of fields. Congratulations to the student in Years 10 and 11 who recently returned from the snow. By all accounts our students had a great time and were well received by the agencies they worked with. Mr Dalli did an outstanding job in the organisation and was supported during the trip by Mrs Shepherd and Mrs Fosterling.

Emely Roberts, one of our Year 7 students will travel to Sydney later this week to participate in the state champions in Athletics, participating in Shot-put.

Mr Matthias will be taking our open boys baseball team to Sydney to compete against Woolooware High School in Cronulla for a position in the state finals.

Ms Russell, Relieving Head Teacher Welfare took a number of students to the signing of a lease for the Headspace facility soon to be opened in a building in Carrington Street. Headspace is a national youth mental health support service and is due to open its doors to the public in January. A consortium of 13 local youth and health organisations are involved, with paediatrician Dr Chris Ingall chairing the group. Kadina High School student Jake Collins spoke on behalf of the youth advisory group, saying one of the attractions was that it was in a quiet part of town so there wouldn’t be many people looking at you when you walked in the doors.

Ian Davies

Being a Kadina student means that you:
CARE FOR YOURSELF
CARE FOR OTHERS
CARE FOR THE ENVIRONMENT
CARE ABOUT LEARNING
I would like to thank you for the opportunity to be Principal for the day and a special thanks to Mr Davies for giving me an insight into the running of a school. Today I have observed classrooms in a number of areas. I have had an opportunity to walk around the school and talk to staff. Mr Williams showed me around the Trade Training Centre and I saw some of the equipment the P and C has bought for the school. I met with Mrs McLeod who is the Teacher Federation representative and discussed the issues relating to school funding and the impact GONSKI will have on future years. With Mr Malloy, the TSO I was able to look at the statistics behind the school website page and Facebook page and learnt that during any one week thousands of people look at our Facebook page. Mr van den Berg, compiles the school timetable and I met with him to discuss 2014 Year 9 electives and told him about my experiences as a Year 9 student. I even had the chance to check up on the school goats and be rest assured they are all ok. After lunch I met with Andrew Weir from the Lismore City Council and discussed opportunities for Kadina High School to have a sister school in Japan. Hopefully the school Leo club will take a keen interest in this.

Mikaela Cooper, Year 9

Primary schools in the local area held their Performing Arts Nights at Lismore Workers Club on the 27th, 28th, and 29th of August. This year High School students were asked to contribute to the events. On Wednesday evening our school captain Taylor McBeath commenced the evening by giving the acknowledgement of country. Half way through the evening Kadina student Samantha Knight performed the Adele song Skyfall from the movie of the same name. Her rendition was outstanding and as an added bonus during the performance the curtain was raised to have the Goonellabah Primary School choir join Samantha in the final stages of the performance.

Emely Roberts will be attending the CHS State Athletics on 6th September in Shotput. Great work to get this far and good luck Emely!!!!

The Essential Secondary Science Assessment (ESSA) is an assessment program for all students in Year 8. An interactive, multimedia online test called ESSAonline is held in November each year. It is a diagnostic test that will provide information about what your child knows and can do in science. ESSA online takes approximately 80 minutes. It contains video, animations, audio, graphics, text and a variety of test items. It also includes a survey about students’ attitudes to the test, science and their learning of science. The confidentiality of each student’s results is safeguarded by NSW legislation which prohibits the publication of results of particular individuals. If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact the school to discuss special provisions or possible exemptions from ESSA online. For further information you can contact the appointed administrator for ESSA at Kadina High.

Mr Jeff Wilkes, Teacher
HIGH ART

JOB WELL DONE
YEAR 12 3013
CONGRATULATIONS ON YOUR EXHIBIT!
MURAL - THE GATHERING TREE

The traditional dot painting depicts many tribes and animals coming together for a gathering to celebrate who we are. It represents everyone at Kadina coming together. It was designed by Ayden Miners.

While the tree represents our families and community, the curled branches represent our extended families and the wider community. We may travel and go our separate ways at times but in the end we all come from the same mob. We end where we begin. The tree was designed by Tywana Caldwell.

This artwork represents us all joining as a community and working together. The meeting symbol used at the base of the tree represents this as a meeting place. All Aboriginal staff and students were invited to sign the art work with a hand print!

Although Ayden and Tywana designed the art work, Medika Phillips and Lala Glew also worked tirelessly on the mural. All of the paint was generously donated to us by Bunnings Lismore and the plaques were donated by Denny’s upholstery. We really appreciate their support.

We would also like to thank the Bundjalung Elders, Anthony Walker, Uncle Rob, Irene Clarke, Ms Rowan for their hard work and support for this engagement project.

FORMAL NAIDOC ASSEMBLY

Tahlia Brice sang the national anthem in language, which was beautiful. We were entertained by traditional dancers which were explained by Kev Anderson who also played the didj. Ayden Miners, Tahlia Brice, Kaleesha Rhodes and Jorell Hammond all made excellent speeches and our formal assembly was a great opportunity for us to showcase the skills and abilities of our Indigenous Students.

We showed a short video with many of our students proudly identifying their Aboriginality. Jamie Saunderson played the didj for this and it sounded great!

BUSH TUCKER MORNING TEA

All Aboriginal families were invited to a Bush Tucker Morning Tea after our formal assembly. It was a great chance to catch up and too show off our mural. Thanks again to the families who supplied bush tucker. We had kangaroo meat balls, lemon myrtle cakes and biscuits, macadamias and some less traditional pikelets.

DANCERS @ Clunes

After the success of our dancers at our own assembly, we were invited to dance at Clunes Public School and a number of our students performed at their formal assembly on the Friday. Thanks to Ms Knight and Kev Anderson and all the other parents who helped get the students out there. It is great when we get to show off our talented kids at other schools.

Ms Polly Jude, Head Teacher Aboriginal Engagement
The crew from Solid Mob and Indigenous Hip Hop Projects amazed and entertained us with their energetic and exciting performance on Wednesday, 28th of August.
The workshop was designed to build student self-esteem, confidence and to get us moving. Year 7 and 8 learnt a hip hop routine first, showed us their moves and impressed with their creativity and courage.
The Year 9 and 10 group was even more creative with some students even throwing in some flips and some amazing moves.
Thanks to all staff and students for supporting this engagement initiative. Our involvement in this program will encourage our students to make positive decisions, avoid risky behaviour and hopefully, build pride and self confidence.

Great work everyone, it was a pleasure to be involved in such a positive day!

Ms Jude

Congratulations to the following students for achieving outstanding results in Mathletics!

Amos Voltz 1938 points
Bridget Kennedy 1792 points
Hannah Oliver 1286 points
Laetitia Binetruy 1237 points
Kevin Innes 1100 points

All mathlete’s will receive certificates and prizes next assembly on the 10th of September.

Mrs Boyd, Mathematics Teacher

Kadina High School Students and Staff would like to invite parents and family of 2013 Year 12 students to their formal graduation ceremony to be held at Kadina High School MPC on Friday 20th September 2013 from 9.30am.
The ceremony will be followed by a morning tea in the Staff Common Room. It would be appreciated if each family could bring a plate to assist with catering.

Invitation to Year 12 Parents and Family
PARENT’S COUNT TOO PAMPHLETS

Kadina is currently working on implementing a numeracy policy to help improve our students’ numeracy skills with the help of Federal Government funding. As part of this policy we have already put mathletics in place and we are working on several more ideas. We would like to acknowledge the important part parents’ play in their children’s learning and over the next several newsletters there will be an attached pamphlet outlining different ideas that parents can use to engage their children in numeracy conversations and activities. Please take the time to read through the pamphlets and whilst some ideas may seem too easy, students often don’t realise the connection between the numeracy skills learnt in school and what we do outside of school in our adult lives.

Thank you for your help in improving our student’s opportunities.

Mrs Boyd, Mathematics Teacher

MATHS HELP

Need help with your math’s homework or your classwork? Help is now available Thursday mornings from 8:10am in A4 for any students who would like the extra time and help with their maths.

Mrs Boyd, Mathematics Teacher

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Goonellabah Library
Suite 1/27 Oliver Ave, Goonellabah
Phone 66251235

Monday 9.30 — 12.30 1.30 — 5pm
Tuesday 9.30 — 12.30 1.30 — 5pm
Wednesday Closed
Thursday 9.30 — 12.30 1.30 — 5pm
Friday 9.30 — 12.30 1.30 — 5pm
Saturday 9am — 12noon

Helping learner drivers
become safer drivers
FREE workshops for parents and supervising drivers

To provide practical advice about:
- Current laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner driver log book.
- The benefits of supervised on-road driving experience.

The next workshop in your area will be held:

<table>
<thead>
<tr>
<th>Time and date:</th>
<th>Venue:</th>
<th>Book now on:</th>
</tr>
</thead>
</table>

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Kadina Uniform Prices

<table>
<thead>
<tr>
<th>Item</th>
<th>Years</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Senior White Polo</td>
<td>Yrs 11, 12</td>
<td>$28</td>
</tr>
<tr>
<td>Junior Green Polo</td>
<td>Yrs 7 - 10</td>
<td>$28</td>
</tr>
<tr>
<td>Green Skirt - Girls</td>
<td>Yrs 7 - 12</td>
<td>$28</td>
</tr>
<tr>
<td>Black Shorts - Boys and Girls</td>
<td>Yrs 7 - 12</td>
<td>$20</td>
</tr>
<tr>
<td>Black Track Pants - Boys and Girls</td>
<td>Yrs 7 - 12</td>
<td>$30</td>
</tr>
<tr>
<td>Jacket - Boys and Girls</td>
<td>Yrs 7 - 12</td>
<td>$35</td>
</tr>
<tr>
<td>Polar Fleece Jacket - Boys and Girls</td>
<td>Yrs 7 - 12</td>
<td>$35</td>
</tr>
<tr>
<td>Woolen Jumper - Boys and Girls</td>
<td>Yrs 7 - 12</td>
<td>$58</td>
</tr>
</tbody>
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BOOMERANG FESTIVAL
4 - 6 OCTOBER 2013
A NEW WORLD INDIGENOUS FESTIVAL FOR ALL AUSTRALIANS

133 PERFORMERS OVER 3 DAYS
Dance, Film, Music, Talks, Comedy, Fire gatherings.
Special student ticket price $25 p/day (6-16yrs)
$40 p/day (16-17yrs)

FRIDAY 4TH - SUNDAY 6TH OCTOBER
TYAGARAH TEA TREE FARM BYRON BAY
Parents Count Too

Helping your child with –
Arithmetic: addition, subtraction, multiplication and division

Through everyday activities and play situations children will naturally use numbers. Young children are very capable of sharing out things such as lollies so that each person has a fair share or adding a friends’ collection to his or her own and finding the total. We need to help children discover quick and easy ways of using numbers.

How do children learn to use numbers?

When first learning to use numbers, children will need to have the objects with them in order to add, subtract, multiply or share equally (divide). They will go through a process of needing to see and count each thing, one at a time.

We need to help children learn to start counting from a larger number and add or subtract a second number. We also need to help children build mental images of a group or quantity so they do not always have to rely on seeing the objects. Helping children to mentally “see” groups of things will also help them with understanding multiplication and division before they learn the “tables”.

English
Curriculum K–12 Directorate, NSW Department of Education and Training
Young People and Risk Taking

Risk-taking in adolescence is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4500 students from more than 59 high schools from Port Macquarie to Tweed Heads have registered to attend one of 10 RRISK Seminars. This year, two additional seminars will be held in Port Macquarie and Kempsey to meet the growing demand. If you have a year 11 student in your family, encourage them to attend.

RRISK seminar dates

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Port Macquarie</td>
<td>Panthers Auditorium</td>
</tr>
<tr>
<td>Coffs Harbour</td>
<td>Southern Cross University</td>
</tr>
<tr>
<td>Kempsey</td>
<td>Melville High Community Hall</td>
</tr>
<tr>
<td>Lismore</td>
<td>Southern Cross University</td>
</tr>
<tr>
<td>Tweed Heads:</td>
<td>Twin Town Services Club</td>
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</tbody>
</table>

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Alcohol and adolescent brain development

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf

Mental health

Drinking at a young age increases the risk of mental health problems such as depression, anxiety, bipolar disorder, attention deficit disorder and increased risk of self harm, including suicide, delinquent behaviour and alcohol dependency in later life.
Crime Time

With Senior Constable Kim Mewing
School Liaison Police

SNAPCHAT SAFETY

• **BEWARE!** Message recipients can save a compromising image by taking a quick screenshot.

• **BEWARE!** Forensic software can recover lots of things you thought you had deleted from your phone or computer.

• **BEWARE!** Snapchat’s privacy policy explicitly states that there’s no guarantee your data will always be deleted. “Messages, therefore, are sent at the risk of the user.”

• **BEWARE!** The world can publicly see who your top Snapchat messaging buddies are. This may cause relationship tensions.

• **BEWARE!** It is illegal to take sexual photos and videos of anyone under 18 yrs (even of yourself). Producing, possessing, disseminating or procuring child pornography is illegal. The maximum penalty is 15 years jail and potential inclusion on the child sex offenders register.

• **BEWARE!** Never post anything that could cause you to lose your job or friendships, make your grandmother blush or expose your personal information to identity thieves and scammers.

• **REMEMBER!** What happens on Snapchat doesn’t always stay on Snapchat.

**Kids: These tips are for you!**
If you need to contact your School Liaison Police Officer
Ph: 0266 260574
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!

SICKNESS PROCEDURE

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!
Update on our Level 1 Holiday Surf program, we are now fully booked but have scheduled another Level 1 program for 3-4 October. If you would like to book your child in to this program please contact our office on 6618 0400.