We would like to respectfully acknowledge the Elders past and present of the Wijabul Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school

1 May
Robocup Workshop at Lismore High
U14s & open boys Rugby League Casino High School

7 May
Aboriginal student Leadership Excursion

8 May
12-14 May
NAPLAN

13 May
Chess Competition

15 May
Zone Cross Country

Gallipoli 2015
100 year Anzac commemorations
ANZAC Day March Lismore

The response of our school community to the message of ANZAC Day was overwhelming. The Commemoration Assembly held at the school was well organised and had a strong sense of genuine inclusion and reflection by the whole school.

The attendance of teachers, students and their families at the march on Saturday morning clearly demonstrated the depth of feeling for this special event and the unwavering support our school has from the community. Several students, including the School Captains attended a special commemoration at Caroona Nursing Home on Saturday afternoon as part of our Lions’ Club Leos activities. Thank you to all who took part in these events and for the continuing support and trust the community has for our school.
On ANZAC Day several of the Kadina High School Leos Club were asked to take part in an ANZAC day service, at Kalina Caroona. The students carried in service men hats and read out the poem "Flanders Fields". Members of the Official party included Mr Thomas George MP and Lismore Mayor Ms Jenny Dowell - pictured. It was an honour for the students to before a part of an emotional and significant service.
At the end of Term 1, year 9 History students went on an excursion to Brisbane to visit the Queensland Museum with its exhibition “The Courage of Ordinary Men” and the Queensland Maritime Museum. This excursion related to the Year 9 study of World War One and Two. Many students were particularly excited to walk through the HMAS Diamantina a River class frigate that served in WWII. Students also enjoyed the opportunity to visit Brisbane and have a traditional Japanese Bento lunch at Southbank on the Brisbane River.

Quote from our Facebook page from Kadina's LOTE teacher Ms. Rowan Obliteration Room - GOMA... Sooo fantastic to see 60 Kadina students be so engaged and experience ART - quote of the day goes to lovely birthday girl Tayla Wilson, "Thankyou, for bringing me here, I feel alive here!" Thankyou students for being so amazingly well behaved and for being open minded and inspired!
Touch Football

Tuesday the 10th March Kadina High School was well represented by 11 Boys and 9 girls. Our boys team played Kyogle in the first round, displaying impressive Touch Football skills the entire game. Offensively we dominated on the line. Against MacLean high School our boys were narrowly defeated, with all boys displaying excellent sportsmanship and a range of outstanding moves.

Wally Kelly, Layne Charles, Hezekiah Roberts and Isaiah Smith were outstanding in the ruck, winning the ruck most of the time which kept Kyogle working constantly to keep us from scoring. Aiden Miners, Solomon Guerin and Tom Pittman were outstanding additions out wide in the link position, capitalising each time on the middle's quick plays. Cameron Bryant and Isaiah Brown worked hard defending out wide and Callum Knox and Izac Monsuere dazzled teams with their agility and speed creating space for easy tries.

**Congratulations to Wally Kelly who went on to represent Northern Rivers Zone at the North Coast Carnival in Ballina and was chosen to represent North Coast this term.**

Our girls team played Evans River and Alstonville improving their positional play and communication each game. Montana Coram, Lala Glew, Olivia Gellatly and Tahli Drew lead the team well with their knowledge of the game with Tywana Caldwell talking exceptionally well in defence. Bella Ritchie worked tirelessly in offence, rucking the ball up well scoring tries in both games. Congratulations to Claire Bryant, Noeline Monsell and Merinda Smith who controlled the ball well through the middle and worked hard in defence. **Congratulations to both teams for being excellent ambassadors for The Rivers Secondary College, Kadina High School Campus.**

Open Girls Soccer Knockout

Both the boys and girls opens teams played at the new Asia Pacific Football Institute synthetic ground against Richmond River High. The day started of warm and sunny for the girls who had a big challenge ahead of them. They were a relatively young opens side (2 whom were only in year 8!) and they had not all trained together as a full team. On the day there was only the bare 11 to play. The opposition had all senior players, some of whom play in the local senior women's competition in both premier and second division teams. Our girls did us proud and though they went down 3 goals to 1 they played well above many peoples expectations. I was truly impressed with how the girls gave it their all on the field and never gave up. Next year we plan to reverse the result.

Boys games are still going, update to follow in next newsletter with a Bill Turner Cup report.
ENRICHMENT, EDUCATION, EXCITEMENT - BECOME A VOLUNTEER HOST FAMILY! to an international student arriving in July 2015. Hosting Is Fun! Find Out more! To help you make this important decision, contact WEP today to receive a full information pack for your family. Sylvia Kelly Manager – Inbound Exchange Programs Phone: 1300 884 733, Email: info@wep.org.au, Online: http://www.wep.org.au

SISTER CITY STUDENT EXCHANGE PROGRAM: Lismore City Council is calling for students, host families and chaperones to be part of the 2015 Sister City Student Exchange Program. Nominations are being called for secondary student to participate from 23/9-2/10/15. For more information phone council 1300 878387

WORD PLAY: Calling all Star Spellers and Wordsmiths. Aged 8-13. an exciting new TV pilot wants to hear from you. https://wordplay.castasugar.com

ENGAGING ADOLESCENT PARENTING GROUP AT FAMILY SUPPORT NETWORK: Who: For parents/carers of adolescents. Where: 143 Laurel Avenue, Lismore. When: May 21, 28 and June 4 (3 Thursdays), 10am to 12:30pm. What: This program will enable you to understand the developmental stage of teens including their needs and wants. We will discuss how to cooperatively set boundaries while enhancing your relationship and supporting them to manage their emotions. Cost: Free of charge. Morning tea is provided. Bookings essential. Please phone 6621 2489 to secure a place. Child care: If you require child care, please phone The Gingerbread House on 6622 1130 to make your own arrangements.

GOONELLABAH LIBRARY WILL BE HOLDING A ‘MY STORY’ WRITING WORKSHOP with local author Jesse Blackadder, to give young people a chance to. ?Tell their story? Have it added to the library collection! This workshop will run over two evenings. Thursday 7 May - 5.00pm - 8.00pmReceive guidance & mentoring from international award-winning local author, inspiring public speaker and creative writing teacher, Jesse Blackadder as you begin your own personal writing journey. Thursday 21 May - 6.00pm - 7.30pm Invite family & friends to the launch of your work. These workshops are for high school aged students. We will be serving pizzas & drinks so bookings are essential. Contact the library on 66251235, or book at the Goonellabah or Lismore Libraries

WOMEN IN POLICING: Police from the Richmond Local Area Command are celebrating 100 years of women in policing. There will be a baton relay in Ballina on Friday, 12 June 2015. In addition to this, we are running a colouring in competition for the local primary school kids. The sheets will need to be completed and handed into police by Friday, 29 May 2015. There will be a large pink box located at Lismore and Ballina Police Station for the kids to drop off their entries. Their names, school and contact details must be recorded. The winner of the competition will receive a Sony Play Station 3
Fast Facts: Bullying in Schools

Why don’t simple solutions work to reduce bullying in the long-term?

Bullying is complex. Approaches to bullying need to include relationship and social solutions at the whole-school, class and student level, and on occasion, at the family and community level. Although bullying may stop in the short-term after a ‘get tough on bullying’ approach, unless the relationship and social factors are addressed, it is very likely to reoccur, take another form, or just become hidden (or covert).

What can parents do if bullying happens?

What can parents do if their child tells them they are being bullied?

There are five key steps for parents if their child tells them they have been bullied:
1. listen carefully to what your child wants to say
2. reassure your child that they are not to blame and ask open and empathetic questions to find out more details
3. ask your child what they want to do and what they want you to do
4. discuss with your child some sensible strategies to handle the bullying — starting a fight is not sensible
5. contact the school

What strategies can parents suggest to their child who is being physically bullied?

The Bullying. No Way! website provides information about various strategies. These can be tried to avoid physical bullying situations:
1. avoid areas which allow the bullying students to avoid detection by teachers
2. stay with other students
3. talk to a trusted adult at school or home

What strategies can parents suggest to their child who is being verbally or socially bullied?

The Bullying. No Way! website provides information about various strategies. These can be tried if the child feels safe:
1. walk away
2. try to act unaffected or unimpressed
3. try to deflect the bullying behaviour (e.g. pretending to agree in an offhand way ‘okay, yeah, maybe’)
4. say ‘No!’ or ‘Stop it!’ firmly
5. talk to a trusted adult at the school or at home

What should parents avoid telling their children to do?

Strategies not recommended for dealing with bullying include:
- fighting back
- bullying the person who has bullied them
- remaining silent about the problem.

What can parents do if they are told or suspect that their child is bullying others?

The Bullying. No Way! website provides information about things to do. If a parent suspects their child has been bullying others, they can talk to their child about:
- why they have been behaving this way
- taking responsibility for their behaviour
Fast Facts: Bullying in Schools

- how to sort out differences and resolve conflicts
- how to treat others with respect
- the effect of bullying behaviour on others
- the need to repair harm they have caused to others
- the need to restore relationships.

Parents may also like to talk to their child's school to come up with a plan to help their child learn more appropriate ways to behave.

What can parents expect from their child's school

Most schools have a written policy about how they manage student behaviour, including bullying. Schools will consider your child's circumstances and will develop the most appropriate strategies for them. These strategies could include:

- teaching and learning programs to develop students' communication, social, assertiveness and coping skills
- changes to the school environment such as redesigning the playground
- increasing teachers' supervision of students at particular times or places
- support from a school counsellor, psychologist or guidance officer
- mediation for the students involved with a trained teacher to resolve their problem
- changes to technology access at school
- timetable or class changes (that may be temporary or permanent) to decrease the contact the students have with each other
- disciplinary action for students who continue to bully others despite the efforts of the school to promote appropriate behaviour.

The school may develop an action plan for your child and any other children involved. Strategies you could use at home may also be included in this plan.

What can students do if bullying happens?

What can I do if I am being bullied in person?

If you are being bullied and you feel safe to do so:

- say 'No!' or 'Stop it!' firmly
- walk away
- try to act unaffected or ignore the person
- talk to a trusted adult at the school or at home
- ask friends, parents or teachers for their help to deal with the issue safely.

Having the courage to talk to someone is important if you are being bullied. Sometimes, just telling the bully to stop can be effective. If that doesn't work ask friends, parents or teachers for their help to deal with the issue safely.
Fast Facts: Bullying in Schools

What can I do if I am being bullied online?
If you are being bullied online (cyberbullied), and you feel safe to do so:
- don’t respond to the message or image
- save the evidence as a screenshot if you wish to use it as part of dealing with the bullying
- block the sender and delete the message
- report the situation to the website or Internet Service Provider
- talk to trusted people—friends, adults, teachers, parents and police if necessary.

What can I do if I see someone else being bullied?
The Bullying. No Way! website provides information about things to do. If you see someone else being bullied, and feel safe to do so, you can:
- refuse to join in
- not watch
- tell the person doing the bullying to stop
- tell the person doing the bullying that you will talk to a teacher
- say something supportive to the person who is being bullied or invite them to join your group
- say to the person being bullied that the other person’s behaviour is not okay.

Who to talk to

Who can parents or students talk to for help?
To talk to someone go to:
- Kids’ Helpline 1800 55 1800 or www.kidshelp.com.au
- Parents’ Helplines (each state has a helpline)

To report online bullying (cyberbullying) go to:

To report bullying that may constitute a crime go to:
- Australian Federal Police www.afp.gov.au

For more information and support go to:
- Reach Out www.reachout.com.au
- Beyondblue www.beyondblue.org.au
- Headspace www.headspace.org.au
- Australian Psychological Society www.psychology.org.au
- Australian Guidance and Counselling Association www.agca.com.au

For more information related to bullying go to:
- Bullying. No Way! www.bullyingnoway.gov.au