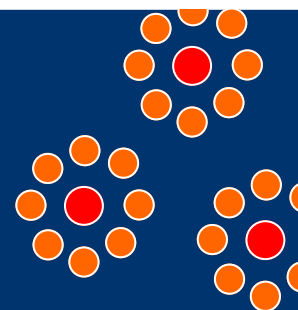




Hunter River Yarning

Quality Relationships, Quality Learning

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Issue 1

Friday, 3 February 2017

Hunter River High School P & C Association

Tuesday, 28 February 2017 at 6.30pm

Venue: School Library

Refreshments available– All Welcome

The P & C meets on the fourth Tuesday of each month at 6.30pm in the connected classroom, come along and be involved in the future of your child's school.

Hi there from the Principal!

Welcome back to the 2017 School Year. A special and warm welcome to our 147 new Year 7 students and to the many new students and families across all other years. On Monday 13 February we are holding our annual "Meet the Teachers" get together at 5pm in the Outdoor Learning Area. The families of all new students (from Years 7 to 12) are welcome to come along, meet the staff, enjoy a tour of the school and a sausage sizzle.

Congratulations to the following new permanent teaching appointments:

Christine Reilly – Deputy Principal

Sharon O'Rourke – Head Teacher Special Education

Emma Skinner – Mathematics Teacher (from Rutherford Technology High School)

Fiona Brain – Learning & Support Teacher (from Callaghan College Waratah Campus)

Other new staff we welcome to HRHS in 2017 are:

Anna Milat – part time sharing with Mrs Naylor

Laurie Beckett – English Teacher

Sonya Brydon – PDHPE Teacher

Sarah Denny – Special Education Teacher

Regan Benson – TAS Teacher

Kerrie Howells – Community Liaison Officer

Liana Nadalin – P-Tech Industry Liaison Officer

HSC Results

Congratulations from all of the staff to our Year 12 class of 2016. The results of our Year 12 class were the best I have seen in my 12 years at our school. Next Thursday 9 February we will celebrate these achievements with our students who achieved Band 5 and/or 6 in one or more of their subjects.

The class of 2016 have also received double the number of Round 1 University offers to what we had the previous year. This is testament to the dedication and commitment of our students and staff.

DATES FOR THE DIARY

WEEK 2: A

30 Jan Year 7, 11 & 12 return
Year 10 students acting as peer support leaders also return.

31 Jan All students return to school

2 Feb YEAR MEETINGS

WEEK 3: B

7 Feb NRL All Star Visit
Elevate Years 10 & 12

8 Feb AECG Meeting–
Tanilba Bay Public School

9 Feb FORMAL ASSEMBLY-Year 12, 2016
Achievement Assembly.

10 Feb 2017 Swimming Carnival

WEEK 4: A

13 Feb Meet the teachers BBQ from 5pm

16 Feb YEAR MEETINGS
School Photos

17 Feb Reprise Concert Excursion-
Years 11 & 12 Music Students

WEEK 5: B

23 Feb PBL LESSON
Year 7 Vaccinations

24 Feb School Photos Catch up day

28 Feb P & C Meeting – Library at 6:30pm

Library

The transformation of our Library into a 21st Century Learning environment is progressing beautifully. The painting and carpeting has been completed and we eagerly await more of the new furniture and technology. I look forward to sharing photos and inviting parents and the community to visit once all work has been completed.

2017 School Leaders

HRHS proudly introduces their School Leadership Team for 2017:

School Captains: Corey Ellem and Shannon Riley

Vice captains: Harry Duff and Abbey McDonald

Prefects: Mark Everett, Jodie Uhrig and Mahaylia Soars



***Yours in education,
Deb Dibley***

Student Representative Council (SRC)

At the end of 2016, our SRC redecorated the Boys and Girls toilets in A and D Blocks. Students use these toilets during class time and whilst they were once rather ordinary looking, they now look like pictures from a design magazine. The students managed to transform what was once two, cold and dark spaces and turned them into light, bright bathrooms *The Block* judges would be proud of!



INVITATION

*for all new Students and Families to
Meet the Teachers!*

DATE: Monday 13th February

TIME: 5:00pm

WHERE: Outdoor Learning Area
(Between Blocks D and B)

HRHS will be hosting our annual "Meet the Teachers" get together at 5pm in the Outdoor Learning Area. The families of all new students (from Years 7 to 12) are welcome to come along, meet the staff, enjoy a tour of the school and a sausage sizzle.

HRHS Swimming Carnival



The 2017 Swimming Carnival will be held **Friday 10 February 2017** at Lakeside Leisure Centre Raymond Terrace.

BUSES: There will be buses shuttling students between school and the Pool free of charge. The first bus leaves at 8:30am and the third at 8:55am (after the last morning school bus). Buses will be returning students to school from the pool at the completion of the carnival. Any student wishing to stay at the Lakeside Leisure Centre or those who are leaving early will need to provide the appropriate permission note from their Parents or Caregivers on the day.

COST: Cost of entry to pool is **\$3.80 for all students**. HRHS has been informed that student season ticket holders will be required to pay on the day. This admission only covers entry to the carnival. Students who wish to re-enter the pool must pay an additional fee upon re-entry. Any parent or a guardian who wishes to attend the carnival to support students throughout the day are most welcome. **The spectator entry fee for is \$3.00 but free if a season ticket holder.**

UNIFORM: Correct sports uniform or house colours can be worn on the day.

Attunga (Surname A—E) – Yellow
Cooranga (Surname F—K) - Black or White
Kurratoo (Surname L—Q) – Blue
Pindaree (Surname R-Z) - Red

WHAT ELSE DO YOU NEED TO BRING: Appropriate sun protection (e.g. hats, sunscreen, long sleeve shirt, sunglasses etc.) is required for the day. Students should bring recess and lunch and plenty of water. Canteen facilities will be available throughout the day. It is recommended that any valuables such as mobile phones or personal music players be left at home as no responsibility will be taken for loss or damage.

ATTENDANCE: The school considers the carnival part of a normal school day and therefore attendance is expected. If your child does not attend the carnival a note must be sent to school with your child and handed to their roll call teacher explaining their absence. Excursions are inclusive, and all students including those with disabilities, are given the opportunity to participate. All students will have the opportunity to participate in a range of traditional swimming events as well as novelty relays across the pool.

PERMISSION NOTES: Please return the notes to Mr Dal Molin in the PDHPE staffroom by Monday 6 February. It is essential that parents notify the school of the swimming competency of their child so we can provide suitable care.

SAFETY: Teachers present at the carnival will have first aid and resuscitation qualifications, and pool lifeguards will be present in the event of an emergency. In case of unsettled weather, listen to local radio for announcements and a notice on our Facebook page.



CIVCON

WATER SERVICES PTY LTD

Proudly sponsoring Hunter River High School

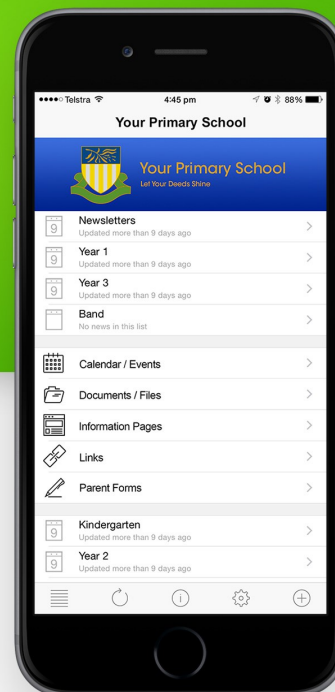
In 2016, HRHS approached a number of local businesses to ask about the possibility of sponsoring two students who showed commitment to the cattle show team and had an interest in working in the Agriculture field after finishing high school, by attending a Beef Assessment course held at Tocal Agricultural College. The cattle show team meets every Break 1 and spends one afternoon a week from 3:30pm - 5:00pm working to break in, prepare, parade and judge beef cattle. Civcon's representative Karl Atkin has offered to sponsor the amount required for two students to stay at Tocal for the duration of the course. We would like to take this opportunity to thank Civcon for their generosity and commitment to our students.





SchoolEnews

Schools send free alerts and notes, newsletters, notices, events, news and more to parents.



How to install School Enews

iPhone and iPad Users

- 1) Press App Store icon on your device
- 2) Press Search and type in "Enews"
- 3) Press "Get", the app will download
- 4) Press "Open" and accept "push alerts"
- 5) Search for your school name

Android Users

- 1) Press Play Store icon on your device
- 2) Press magnifying glass and type in "Enews"
- 3) Press "Install", the app will download
- 4) Press "Open"
- 5) Search for your school name

School Enews delivers news directly to parents and students!

Configure Push Alerts

- 1) Press "Settings / Cog" icon
- 2) Turn off the lists you don't want

Other Smartphones and Tablets

Visit <http://app.schoolenews.com> for more apps

Available on the
App Store

ANDROID APP ON
Google play

Download from
Windows Store

Get it everywhere
Web App

Subscribe for Email Updates

- 1) Visit your school website
- 2) Click "School Enews" or "Newsletters & Notes" top heading (might differ slightly)
- 3) Under the "Subscribe" heading, tick on appropriate lists
- 4) Enter in your name and email address.
- 5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you)



Don't forget to Like us on [Facebook.com/schoolenews](https://www.facebook.com/schoolenews)
Find out more at www.schoolenews.com

YEAR 7 VACCINATIONS

FREE VACCINES FOR ALL YEAR 7 STUDENTS

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious preventable diseases

VACCINES INCLUDE:

1. Human Papillomavirus (HPV) vaccine (3 doses)
2. Diphtheria-Tetanus-Pertussis (whooping cough) (dTpa) vaccine (1 dose)
3. Varicella (chickenpox) vaccine 1 dose

THESE VACCINES ARE ONLY PROVIDED FREE FOR YEAR 7 STUDENTS

WHAT DO YOU NEED TO DO?

- ✓ Year 7 Parent Information Kit will be distributed by your school at the beginning of 1st term
- ✓ Read the information included in the Kit (translated copies are available on the website below)
- ✓ **ENSURE FORM IS COMPLETED CORRECTLY, AND SIGN FOR EACH VACCINE REQUIRED**

Please sign for EACH vaccine you wish your child to receive:

HPV Vaccine. I hereby give consent for my named child to receive a 3 dose course.	Signature of Parent/Guardian SAMPLE ONLY
Diphtheria-Tetanus-Pertussis (dTpa) Vaccine. I hereby give consent for my named child to receive a single dose.	Signature of Parent/Guardian SAMPLE ONLY
Varicella Vaccine. I hereby give consent for my named child to receive a single dose.	Signature of Parent/Guardian SAMPLE ONLY

- ✓ ensure your child has eaten breakfast the morning of the clinic
- ✓ ensure your child is wearing clothing that enables the upper arm to be exposed
- ✓ **COMPLETE CONSENT FORMS IN BLUE OR BLACK PEN ONLY**

Ask your child for the record of vaccination when they arrive home on the day of the clinic – keep this record in a safe place (eg. baby's' blue book), ideally notify your GP for their records.

WHAT IF YOUR CHILD MISSES A VACCINE?

You won't need to do anything, every effort will be made to catch-up missed vaccines at other clinics at your child's school during the year or the following year when they are in year 8.

MORE QUESTIONS?

Please contact Hunter New England Local Health District, Immunisation Unit on 49246477 or visit <http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>



Mental Health Carers
ARAFMI Hunter Inc

2017 WORKSHOPS

If you provide support to a person who lives with mental illness you are eligible to attend our subsidised workshops.

Cost per workshop including light lunch:

ARAFMI members \$20, concession \$10, **non-members** \$30, concession \$20

To register your interest, please call 0249 616 717

ASSERTIVENESS WORKSHOP

Monday, 10 & 17 March 2017, 9.30 to 3.00pm, 2 day workshop

22 Stewart Avenue, Hamilton East

Assertiveness is the ability to express yourself without violating the rights of others while developing a more positive sense of self. This course will teach you practical assertiveness techniques that can help to:

Improve communication with family, friends and service providers;
develop a positive frame of mind; and
manage the caring role more effectively

BORDERLINE PERSONALITY DISORDER

Monday, 13 March 2017, 9.30 to 3.00pm, 1 day workshop

22 Stewart Avenue, Hamilton East

This one day workshop will help you make sense of BPD, show you how you can support someone with BPD, identify triggers, explore tips for coping and managing challenging behaviours, the importance of boundaries and self-care.

BOUNDARIES

Monday, 27 March 2017, 9.30 to 3.00pm, 1 day workshop

22 Stewart Avenue, Hamilton East

It would not be possible to enjoy healthy relationships without the existence of personal boundaries, or without our willingness to communicate them directly and honestly with others. In this workshop, you will learn to set healthy personal boundaries that support positive self-respect and self-worth.

MINDFULNESS

Monday, 1 May 2017, 9.30 to 3.00pm, 1 day workshop

22 Stewart Avenue, Hamilton East

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. In this workshop, you will learn skills around being more in the moment, acceptance of thoughts and emotions, and some practical exercises to take home.

SELF-ESTEEM

Friday, 9 June 2017, 9.30 to 3.00pm, 1 day workshop

22 Stewart Avenue, Hamilton East

Self-esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. In this workshop, you will learn to strengthen the foundation of your life with healthy self-esteem and improved relationships.

STRESS MANAGEMENT

Friday, 24 February, 9.30 to 3.00pm, 1 day workshop

22 Stewart Avenue, Hamilton East

This one day educational workshop will look at the stress management model covering things such as; what is stress, symptoms and sources of stress, balancing and controlling stress, realistic and unrealistic thinking, values and beliefs, and goal setting.

THE EIGHT STAGES OF HEALING

Wednesday, 5 April 2017, 9.30 to 12.00pm, ½ day workshop over 8 to 10 weeks

22 Stewart Avenue, Hamilton East

This eight to ten-week program is designed to help carers move from 'just coping' to living better with the impact of mental illness while bringing the focus back on their own life journey, healing the hurts of the past and moving forward.

WORKSHOPS FOR STAFF AND PROFESSIONALS

We can deliver bespoke educational workshops for organisations and their staff. To discuss your specific training requirements please contact our Operations Manager, Veronica Mortell on 0249 612 842.