Principal's Report
My apologies again for the lateness of this week's newsletter. This time I am sick with a flu virus and so I am writing this week's column “from my sick bed”. We are not having a good run this year with illness unfortunately and it is probably a timely reminder to everyone to look after your own health and the health of your children. Schools are places where a large number of people (over 1000 at Grafton High school) are placed into close proximity for 6 hours each day and so it is very easy for illness to spread. As such, if a child is genuinely sick then it is in everyone's best interests that they see a doctor for treatment and stay home until they are well, both for their own health and also to help prevent the further spread of illness. Whilst I value student attendance at school, in the case of my own children I have no hesitation in keeping them home when they are genuinely ill. The net effect of this action is that we have less illness spreading at school and in the end actually have less overall student and staff absence.

On the topic of illness, I again need to remind students and parents that when a child is ill at school they should see their teacher who will give them a note to come to the clinic at the front office. Once there, they will be attended to and parents rung as required. It is extremely unhelpful when children contact parents directly without the office being aware and then the parent turns up at school expecting their child to be ready and waiting to go home with them. The school has a duty of care to children and so we must be aware of any illness in the first instance. We then happily ring parents to inform them. If a child were to ring a parent and not inform the office then anything might happen between the time they ring and when the parent attends school and without knowledge of the issue we would not be able to assist the child.

Opportunities for students
Over the page you will see the second instalment of photos and commentary from our Vietnam excursion last school holidays. This was a fantastic opportunity for students and is one of a number of significant extracurricular activities that we run each year. Other activities include the recent ski trip and in previous years the Heron Island excursion. PDHPE staff are also in the process of establishing a rugby union/league academy at Grafton High school with the aim being that they participate in an overseas tour, much as we host overseas rugby teams who come to Australia. We also run a range of special activities such as the Great Aussie Bush Camp as part of our year 7 orientation. In addition, we are looking at a special fortnight of activities in mid term 4 to induct our year 10 students into the senior school. We will be training peer support leaders for 2014 and taking students through lessons on work readiness, study skills and health, covering mandatory requirements for year 11 including the “HSC All My Own Work” course and “Cross Roads” program.

Finally, I would like to leave you with some helpful links to the “Schools A to Z” web site. The site is designed to support parents with a number of helpful articles and tips on a range of topics:

Helping your teen study for an exam
Lots of chocolate, last-minute cramming, avoiding the hard questions ... there is a better way for kids to study for their exams.

Find out more:

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

Find out more:

How much screen time?
'Screen time' used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

Find out more:

Peter South - Principal
Work Experience
Just a reminder to parents that the Year 10 Work Experience Program this year is running by flexible arrangement. This allows students to negotiate the time of their Work Experience with the employer, their Teachers and of course you as Parents. The benefits in running a flexible program are many. Students will have access to a wider range of Employers at a time that suits all parties concerned. It also allows those "high demand" Employers to take more than one student. Students involved in the Work Education program are not required to do another placement however are more than welcome to if they wish. For more information, please contact Mr Barnier

North Coast Athletics Carnival
Congratulations to the 18 students who attended the regional athletics carnival at Kingscliff last week. From those students, 8 have qualified to go on to the NSW CHS carnival at Homebush next month. The students are:

- Amber Sinclair -12yr girls 100 and 200 m dash
- Georgia Cummins- 13yr girls High Jump
- Madelyn Ellem- 14yr girls Shot put & Discus
- Kyle McIlveen- 13yr boys Hurdles & High Jump
- Andrew Durrington- 14yr boys 100m & Discus
- Lachlan Arthur- 13yr boys Shotput
- Clifford Stephenson- 14yr boys Shotput & Discus
- Jed Boven- 16 yr boys shotput, Discus & Javelin

Best of luck to all those students in Sydney next month.

NSW CHS Cross Country
A big congratulations also goes to Brodie Gough and Amber Sinclair for qualifying and participating in the state cross country carnival at Eastern Creek last month. Cross country running is one of the toughest sports to compete in and the girls did our school proud at the event.

Textiles
Grafton Textile students exhibit at Jacaranda City Quilts exhibition at the community centre. There was a great array of our students work on show. 4 of the students placed in the youth section of the competition

- 1st Erica West – Doves
- 2nd Sarah Marsh – Colourful doves

- Highly commended –
  Emma Baker-Whalley
- Section 2
  2nd Breanna Rankin.

Debate Report
The Premier’s Debating Challenge continues this term. The Intermediate debates finished at the end of term two with the year 10 team of Briony Moor, Jemma Clarke, Abby Smith and Zac Masters winning their Zone Competition. Sadly they were unable to continue further due to school commitments. Members of the year 7 Blue team, under the guidance of Mr Piper, will start their competition round with a double debate against Alstonville Red and Blue teams on Monday 5th August. Round 3 for this team will be against Maclean.

Meanwhile, the year 8 team, under the guidance of Mrs Castle, have already completed round one and two. The year 8 team lost their first match against South Grafton Blue team and won their second match against South Grafton Red. Both debates were very close and the team is now looking forward to competing against Woolgoolga in round 3.

SCU Star Entry Scheme
Applications are now open for the Southern Cross University STAR Entry scheme. Southern Cross University’s STAR Entry Scheme enables Year 12 students to gain an early offer to study at Southern Cross University in 2014 based on their school Principal’s recommendation. The STAR Entry Scheme matches an individual student to a particular SCU course based on their likelihood of success in their chosen discipline. SCU recognises that ATAR and OP scores are not the only indicators of your likelihood of success at University. Via this scheme you can gain an early offer to study an SCU course in 2014 based on your Principal’s recommendation. Many talented students have undertaken their undergraduate degree at Southern Cross University after gaining admission through the STAR Entry Scheme. SCU will notify Queensland students in mid-October and NSW students in mid-November of the outcome of their application. You will need to match your STAR Entry Scheme first preference with a first preference application through UAC or QTAC to receive your STAR offer which will be made in two early offer rounds (November 28, 2013 through QTAC and December 5, 2013 through UAC).

For more information and to register for the STAR Entry Scheme visit www.scu.edu.au/star

Registration closes on 13 September.

History Excursion Part 2
Vietnam- Ho Chi Minh City
After we departed the quiet temples of Angkor Wat in Cambodia we found ourselves in amongst the hustle and bustle of Ho Chi Minh City. Nothing could have prepared us for the crazy traffic and the non-stop honking of thousands of scooters. We spent three days exploring Ho Chi Minh and its surroundings, taking in the sights of the Presidential Palace, the Old Post Office and the French inspired architecture. Students had the opportunity to experience the War Remnants Museum, which was historically informative but quite confronting. The highlights of Saigon, as the locals call it, were the Cu Chi tunnels that were built by the Viet Cong during the Vietnam War and the hundreds of market stalls we visited in the city.

Above - Cu Chi Tunnels – Bern

Upcoming Events:
19-23/8 Yr 7 – 10 Maths Assessment Week
26/8 – 6/9 Yr 7 - 10 PE Gymnastics
27/8 Yr 8 Police Talks
29/8 Yr 10 Love Bites
9/9 Yr 7 Immunisations
9 – 20/9 Final Preliminary Exams
10/9 Yr 8 Police Talks
11/9 Yr 9 immunisations
12/9 Yr 7 Stellar 9-11am GDSC
22/9 Last Day Term 3

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Above - Cu Chi Tunnels – Bern
### Community Notices

#### Bus Information

**RyansBusService**

9 Hurley Drive  
Coffs Harbour NSW 2450  
P: 0266 523201 or 0266 541063  
F: 0266 519000 or 0266 540177  

Follow us on [Twitter](http://twitter.com)

The aim is to ensure parents/students/schools can ‘like’ the page and keep informed of up to date information regarding services, both school and passenger. This will ensure that any unscheduled delays or changes can be sent to all parties quickly through the social media network.

We appreciate your cooperation and hope as many people can get on board to ensure its success.

The link for this page to put in the newsletter is:  
[https://www.facebook.com/ryansbusservice](https://www.facebook.com/ryansbusservice)

**Nigel Tooth**  
Operations Manager  
Ryans Bus Service

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**Grafton High School**  
PO Box 458 Grafton NSW 2460, Phone: (02) 6642 3355, Fax: (02) 66423184  
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Learn About Yourself!

As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student arriving into Australia in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in February for one term, one semester or two semesters from France, Italy, Germany, Austria, Sweden, Norway, Denmark, Finland, the U.S.A, South America and Japan. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

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