

Grafton High School

Achieving Excellence

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Friday 13th March 2009



Quicksmart—Making a Difference

Following a successful trial in 2008 the Quicksmart numeracy program is now operating each morning at Grafton High. Mr Kenneally and Mr Johnston manage the Quicksmart program which will help improve numeracy standards in Year 7. Twenty volunteers from Year 11 (all with good numeracy skills!) are paired with twenty Year 7 students. The Year 7 students were identified through testing as being likely to benefit from the program. It is wonderful to see senior students helping junior students—and already graphed results show significant improvement in the speed and accuracy of Year 7 students on basic arithmetic skills. This is just one of many strategies designed to bring out the best in our students.



Parents of Teenage Girls

Last year I promoted a book called “Girl Stuff” by Kaz Cooke. This fantastically written and researched book focuses on the changes and challenges that teenage girls face during this very difficult and quite often confusing time in their lives. Fran Williams (Aboriginal Education Officer) and I have decided to take it a step further and hold some “Girl Stuff” groups at lunch times.

There will be three different groups running throughout the week as follows: Years 7/8 Monday lunch, Years 9/10 Tuesday lunch and Years 11/12 Friday lunch. The groups will be held in the Library AV room and girls can bring their lunch. The groups will start in Week 5 and run for the remainder of the term. There will be various female teachers also attending the groups to offer support.

We will be discussing the topics from the book such as family, friends, feelings, changes, drugs and confidence just to name a few. I strongly recommend that you have a look as I feel it is one of the most useful resources for young girls that I have seen in a long time.

If you would like to discuss the groups please contact the school to make an appointment or you can borrow one of the 12 copies of the book held in the Library for a short loan.

Chrissy Lasker, School Counsellor

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First on the North Coast
Leading the way since 1912

Workshops on Relationships with Teenagers

- *Like to foster a closer relationship with your teenager?*
- *Looking to develop a positive and productive interaction with your teenager when faced with challenging situations?*

Grafton High School is extremely fortunate to have Mary Cutts from Clarence Valley Community Programs conducting workshops on *Nurturing Thriving Relationships with Teenagers*. The workshops will include strategies on dealing with difficult situations, nurturing a trusting and productive relationship with your teenager and discussing strategies to handle conflict.

The sessions will be held at the Grafton High School Library for the four Thursdays in March (5th, 12th, 19th, 26th) from 10.00am to 12 noon. Mary and I would love to see you there to share particular issues that you may be experiencing with your teenager and discuss strategies that you might find useful.

Tea, coffee and light refreshments will also be available. For more information please contact the school to make an appointment.

Hope to see you there! Chrissy Lasker, School Counsellor

Maths Gold Brain Teaser

This week's brain teaser is presented by
Kate Sneesby

Question: Gary began peeling a pile of 44 potatoes at the rate of 3 per minute. Four minutes later, Christen joined him, and peeled at the rate of 5 potatoes per minute. When they were finished, how many potatoes had each peeled?

Football Referees Course

North Coast Football referees will run a referee course in the Clarence Valley during March/April. If you are 14 or older and wish to be a referee or want to know more about the laws of the game, please complete a "New Referees Application Form" online at www.ncfrsc.com or call the secretary on 66434837.

Grafton High School Swimming Carnival

On the 11th of February, Grafton High School held their annual swimming carnival at the Grafton Aquatics Centre. The day was a success filled with excitement and enthusiasm. The four houses, Smith, Cameron, Davies and Page competed keenly for victory.

The day included an array of events, including the enjoyable novelty events as well as the more competitive and serious races to help their house colours fight for glory. People were anxious of which house had taken out the prize. Cameron blitzed the pool, followed by Davies, Page and last but not least Smith.

Age champions of the day were:

- 12 year Julia Green
- 13 years Harry Fahey and Sarah Kitcher
- 14 years Darby Fahey and Tayla Chapman
- 15 years Matt Muller and Brittney Huxley
- 16 years Brandon Whiting
- 17 years Luke McSkimming and Rachel Piper



Although not all participants won events they all left with high spirits and enjoyed the day thoroughly. On this exhilarating day records were smashed by two amazing swimmers, Tayla Chapman who broke 8 records and Brittney Huxley who broke 2. Tayla Chapman, Brittney Huxley and Marty Donohue all made it through to the North Coast Swimming meet at Kempsey along with the 15 and 16 boys relay teams.

Well done to all participants on the day.

Written by Melinda Davies and Ashlee Waterson

Grafton High School Swimming Carnival—Support Unit Report

Grafton High started the 2009 school year with their annual swimming carnival. On the 11th February, the houses of Davies, Smith, Cameron and Page battled it out to see who would become the champion of the pool.



Support Unit students always enjoy competing for their house. Students entered in the Multi Disability race were James, Nathan, Bradley, Tina, and Kellie. It was great to see the whole school cheering them on! The house group Davies was the 2009 champion of the pool.



Written by Wayne Smith and Jesse Lee SP2

GHS Rowers Leap to New Heights

Ten Grafton High School rowers have just returned from their exciting adventure to the Australian Rowing Championships at Lake Barrington in Tasmania.



For 8 members of the team it was their first taste of competition at this standard. It was impressive to see individuals and crews reach finals and semi-finals against the best in Australia. Some of the great performances included: Jo Tarrant 4th in Australia for the Schoolgirl Single Scull, Jo and Sarah Jones 6th in Australia in the Under 19 Women's Pair. Jo, Sarah and Briony Edgar all reached semi-finals in Under 19 Double Sculls and Quad Sculls. Jo was also selected to represent NSW in the Interstate Youth Eight where the crew came 5th. Cameron Kitcher and Nathan Sneesby reached the semi-finals in the Under 17 Men's Double Scull, and together with Tim Riddell (cox), Adam Spies and Oliver Couch they were ranked 10th in Australia for the Schoolboy Quad Scull. Along with Nick Mills and Fraser Hemphill, Cameron, Nathan and Tim also performed creditably in the Under 17 Quad Scull.

Special thanks to Jo Kitcher and Kel Morrow for towing the boat trailer several thousand kilometres and also to Mrs Tarrant for organising such a successful and enjoyable excursion.

Grafton Saturday Netball

The last chance to register yourself and your team is this Saturday the 14th March between 12 noon and 2pm at the netball courts. The first game of the season is next Saturday 21st March. See the Daily Examiner for game times or go to the website on www.graftonnetball.sportingpuke.net. This is not a grading game but is the start of competition. For this reason all teams must attend. Each team must provide an umpire for their own games. Don't forget to pay your fees at the front office as soon as you possibly can.

Answer

Answer: Gary: 24 Christen: 20

Grafton High School Hockey Teams

Grafton High in all hockey grades are training on Mondays from 4.50pm to 6.00pm on water and sand turf.

40 Hour Famine—Grafton High Number 1

Through the 40 hour famine Grafton High School raised more money for World Vision than any other North Coast high school. Congratulations to all who participated. To raise \$3,926.70 was a fantastic effort and it demonstrates again the generous spirit of our school community.

Every contribution makes a difference, so whether you made a small contribution or really made a huge personal effort you have helped the world be a better place. Certificates have been presented at Year Assemblies, while the photo shows the representative from 40 Hour Famine. Danielle Cole, Zoe Corkett and Sue Barnes receiving T's for each raising \$200+.

Not pictured were Hayley Collins, Irritana and Moana Gray.



Family Portraits

If you are interested in getting a family portrait done, Westlawn Primary School still have vacancies for Sunday 29th March between 4.00pm and 7.00pm. Cost is \$10.00 a sitting.

To make an appointment phone Westlawn School on 66427466 or after hours phone 66619138.

Coming Events

25 Mar NC Rugby League Trials

26 Mar P & C Meeting 7.00pm

Common Room

30 Mar Year 12 Mid Course Exams

31 Mar Parent Teacher Meeting Year 7-11

