

Grafton High School

Achieving Excellence

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Friday 20th March 2009



Rowers represent Grafton High School at National Championships in Tasmania

Ten students represented Grafton High School at the Australian Rowing Championships held on Lake Barrington in Tasmania. Our students had to face the whim of the weather ranging from sun, wind, sleet and rain, to race the best in Australia. Although GHS students didn't bring home any medals they competed admirably. Johanna Tarrant competed in fourteen 2kilometre races over the competition. She finished 4th fastest in Australia in the Schoolgirl Single Scull. Johanna teamed up with rowing partner Sarah Jones to finish sixth in the finals of the Women's U 19 pair, and again with Sarah competed in the semi-finals of the Women's U19 Double scull. Sarah Jones also competed in the Schoolgirl's Single Scull to be ranked 14th in Australia. These were outstanding achievements, especially as Sarah's training had been interrupted six weeks prior having being knocked from her pushbike by a motor vehicle. Sarah's plaster cast was only removed from her arm three days before she competed. Sarah showed great tenacity and courage to overcome this hurdle to achieve so well in her eleven races over the competition.

Johanna and Sarah combined with GHS rower Briony Edgar and Gemma Cox-Smith from Lower Clarence to finish in the semi-final in the U19 Quad Scull. Briony and Gemma also paired up in the Womens U19 double scull to also finish in the semi-finals. Briony competed in a total of 7 races over the competition. Oliver Couch and Adam Spies both competed in eight 2 kilometre races competing in the men's U19 double scull and pair. The boys combined with Nathan Sneesby, Cameron Kitcher and Tim Riddell to rank 10th in the Schoolboy coxed Quad Scull in Australia. Nathan and Cameron competed in eleven races. Together they reached the semi-finals of the Mens U17 Double scull. They both competed in the Mens U17 Single Scull and combined with Nick Mills, Fraser Hemphill and Tim Riddell to compete in the Mens U17 coxed quad scull.

Fraser and Nick each competed in six events

over the competition including Mens U17 single and Mens U17 double scull. Johanna Tarrant also represented NSW in the Women's Interstate Youth Eight to finish 4th. Students learnt a lot about themselves, about competition and team support as well as having a very enjoyable stay in Tasmania's highlands.



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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
Your objective is to buy exactly 100 farm animals with exactly 100 dollars. You must buy at least 1 of each animal. You may need some paper!

Canteen News

New lines at the canteen
Tasty Tuesday Temptations

Chicken Burgers
&
Hamburgers
\$3.00

Wakky Wednesday

Hot Cheesy Dogs
&
Toasted Turkish Bread
Variety of Flavours
\$2.00

Freaky Friday

Fried Rice
\$2.50

Uniform Sales

The canteen will have a uniform sale from 1st April to 10th April
Limited Sizes Available
All uniforms \$4.00 off As there is to be a large price rise with the next uniform order this is a good opportunity to grab a bargain.

Earth Hour

Grafton High School has already committed to switching off for earth Hour 2009. We will be participating in this, now global event, on Friday 23rd March, turning off all electrical appliances (lights, fans, air conditioners and smartboards) in period 5 and 6 between 2.15pm to 3.15pm. Remember to participate in earth Hour on Saturday 24th March between 8.00pm and 9.00pm to increase awareness of global warming and reduce our carbon imprint on the earth.
GHS Environment Representative Council

2012 GHS Reunion

On the 30th March at 6.00pm in the staff common room of Grafton High School we are having a meeting for any one interested in being on the committee for 2012 Grafton High School 100 years celebration.
If you would like to have some input in the 2012 100 year school reunion, come along and join our committee.

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.

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.

Mobile Phones

Remember, if your child has a special reason to require a mobile phone at school then you can ask for a pass to be issued. Students with a pass must not allow the phone to be a disruption. It will be on silent during the day (if it needs to be switched on at all).



40 Hour Famine displaying their T'shirts

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

Study in Today’s Society News

Year 11 Studies in Today’s Society are currently running a Senior First Aid Course as their compulsory practical component of their studies. Students are actively involved in this course and will have a valid 3 year qualification. Parents are reminded that the course is \$140.00 payable at the front office by the end of Term 1. Any problems with payment please contact Mrs Armstrong on 66423355 to make arrangements.



SITS’ students practicing their first aid course

High School Hoops Basketball

Monday afternoons, sign on from 4.45pm. Games commence at 5.00pm.

Grafton Regional Sports and Entertainment Centre Powell Street, Grafton. Cost is \$65.00 Registration fee (valid for one year, include insurance). \$40.00 per school term.

Enquires phone 66414200. All new players welcome. Enter a team or come along as an individual and be placed in a team.



Questacon Smart Moves

Grafton High School Monday 23rd March

Smart moves is a show that highlights cutting edge advances in Science, Technology, Maths, Engineering and Business. The show includes: Profiles of people who are involved in Science and Technology highlighting different career pathways; Engaging demonstrations showing a range of new developments and inventions.

The show is designed to encourage students to re-evaluate their perceptions of science and understand the role that research and science has in their everyday lives.

The show is **FREE**

Senior students are encouraged to attend. Yrs8, 9 and 10 will attend accompanied by their classroom teacher.

Mr Rutledge

Answer

Answer: 5 cows=\$50

1 pig=\$3

94 chickens=\$47

100 animals=100 dollars

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

