

Grafton High School

Achieving Excellence

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Friday 8th May 2009



New Term—New Labs

This week Science classes at Grafton High had the privilege of using the six brand new laboratories in A-block. These rooms are of a completely new design and provide an exciting opportunity for students to learn in the best facilities available in any school.



Senior and junior students are already enjoying the benefits of our new labs



This term there will be major building work happening in D-block. This will see the old laboratories converted to provide a brand new Computer Lab, Textiles Room, Tutorial Room and Classroom. Additional benefits will be the provision of internal walkways to access these classrooms and the main quadrangle. A major maintenance project will also see repainting and repairs in many rooms around the school. The disruption that this work will cause during this term will be far outweighed by the benefit of having excellent facilities for learning.



On the School Development Day at the beginning of term all staff were involved in learning more about how the interactive whiteboards can be used to present stimulating lessons across all learning areas. We also spent time learning about new ways that we can use assessment as a tool to provide feedback to students so that they can reach new heights in their level of understanding.

Great Student Leadership

Our student leaders have set a wonderful standard for all students in their recent activities. It was fantastic to see such a large group of GHS students marching at the ANZAC ceremony on Saturday 25 April. The student response to the Relay for Life has also been stunning—students again giving up their time to help others. A special disco has been organised for next Thursday to raise funds for additional seating in the school grounds. Great leadership from our SRC!

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First on the North Coast
Leading the way since 1912

Interschool Chess Competition

Grafton High School has entered the Country Secondary Schools Chess Competition again this year. The competition is held as a knockout within six regions—Hunter, North Coast, North West, Riverina, South Coast and Western. The regional winners then compete in finals to determine the Country Secondary Schools Champion.

In our first match against Coffs Harbour Senior College on 31st March our students did very well - winning all four games. Our chess team was Nathan Sneesby, Tom Russell, Zac Skinner and Kate Sneesby. Ben Sneesby and Scott Rankin, the Year 12 members of our chess team, were unavailable because of mid-course exams on the day. Our next game will be against Alstonville High School. The students practice every Wednesday lunch time in A block.

Mrs Caley



Important Notice

Please be advised that our EFTPOS facilities are unavailable for the last two working days in the month to streamline our accounting procedures. Apologies for any inconvenience caused.

Debutante Ball Tickets on Sale

The Grafton High School Debutante Ball is on Saturday the 23rd May. Tickets will be on sale at the front office from Tuesday 5th May. Cost is \$20 each and there is a limit of 8 per couple.

Maths Gold Brain Teaser

This brain teaser is presented by Jacob Purser
How many eggs can you put into an empty basket?

From the AEO's Desk

Welcome back for Term 2. This will be a very busy term for our students, with NAIDOC and V-Tracks, as well as applications for the Winter school at the University of NSW.

Congratulations to Bill Whalan. Bill has been chosen to play Rep Rugby Union for the Central North Division. He will be playing in the State Country Championships. Well done, Bill.

Discover Engineering 2009

Professional Engineers influence all aspects of our lives. This career seminar will provide students interested in engineering as a future career, with practical first hand knowledge from engineers across the various disciplines who will talk to you about what it is like to be an engineer and how to get started.

Date: Wednesday 13th May

Time: 6:00pm - 8:00pm

Venue: South Grafton Ex-Serv. Club


RSVP: Bookings essential to:

Kerra Fuller - 6642 7239 or email

kerra@clarenceconsultants.com.au

Country Energy and the RTA will be in attendance to provide information on scholarships and cadetships

Cancer Council Outreach Service Mobile cancer information and support service



Outreach Service rumbles into Grafton to drive up cancer support
Wednesday 6th May 2009
10am - 2pm
Grafton Mall, Pound Street
at the Big Yellow Truck

How can the Outreach Service help?

- ◇ Services provided by the Cancer Council Outreach Service are free of charge.
- ◇ Talk to two Cancer Council staff focussed on providing emotional and practical support, and up-to-date information and advice.
- ◇ Learn something new - from checking your skin to how many fruit and vegetables you need to eat a day
- ◇ Access a wide range of brochures and booklets covering a range of Cancer Council researched topics.

For further information contact the Cancer Council office on (02) 6627 0300 or email corinnem@nswcc.org.au
You can also log onto www.cancercouncil.com.au/outreach

Cancer Council Helpline 13 11 20



School Blackboards For Sale

Three blackboards, all sizes, \$20.00 each. If interested phone Shirley Kelly in the front office on 66243355.

Coming Events

- 1 May Immunisations Year 7
- 12 May Naplan Test Yrs 7 and 9
- 13 May GHS Cross Country
- 21 May Merit Awards Assembly
- 22 May Yr 12 Reports issued
- 25 May Yrs 7-10 Half Yearly Exams
- 29 May Zone X-Country
- 2 June School Disco



National Assessment Program- Literacy and Numeracy. (NAPLAN) 12th 13th and 14th May 2009

Where to go and when: YEAR 7

Assemble in the W block Quad at 8.45 am each morning Tuesday, Wednesday, and Thursday.

You will then move to the MPC where you will be given further instructions on how to complete the necessary identification on the test.

Tuesday Language conventions 45 mins, 20 min break, Writing 40mins.

Wednesday Reading 65mins

Thursday Numeracy non calculator 50mins, 20 min break, Calculator Numeracy 50 mins *You must bring your own calculator to this test*

Where to go and when: YEAR 9

Assemble in the W block Quad at 11.15am each morning Tuesday, Wednesday, and Thursday.

You will then move to the MPC where you will be given further instructions on how to complete the necessary identification on the test.

Tuesday Language conventions 45 mins, 20 min break, Writing 40mins.

Wednesday Reading 65mins

Thursday Numeracy non calculator 50mins, 20 min break, Calculator Numeracy 50 mins *You must bring your own calculator to this test*

What to bring: YEAR 7 & YEAR 9

The test booklet with answer spaces and a 2B pencil will be provided.

You will need to bring a sharpener, eraser and a ruler.

You may bring a book to read if you finish early.

YOU MAY NOT bring biros, felt pens, coloured pencils, textas, white out or dictionaries. Calculators are not permitted except in the second numeracy calculator test.

Other important Information

The tests contain stimulus materials, multiple choice questions, free response and close questions.

Some students are eligible for SPECIAL PROVISIONS and in certain circumstances be eligible for EXEMPTION or WITHDRAWAL. Please contact Craig Rutledge for more information

Practice questions can be found at www.naplan.com.au

2008 papers at www.schoolsnsw.edu.au/learning/7_12assessments/naplan/index.php

Detwww.det.nsw.edu.au/directorates/schoimpro/EMD/naplan_test_materials.htm

The paper is marked by computer and by scanning and scoring on screen so clear dark writing with a 2B pencil is essential.

NOTE: This is an important tracking assessment tool for your child. It provides detailed information about your child's progress in all areas of Literacy and numeracy.

Craig Rutledge - coordinator

How your mobile phone can help save gorillas

Can a mobile phone really save a gorilla?

Yes they can, not by giving them a call or sending a text but by recycling the mobile phone. There is a substance in mobile phones called coltan. This is short for the metallic ore, Columbite-tantalite, from which the elements niobium and tantalum are extracted. The metallic tantalum has unique properties for storing electric charge and is a vital component in the batteries of mobile phones.

The Democratic Republic of Congo has 80% of the world's coltan. Unfortunately this coltan occurs in the same areas as the last major group of Eastern Lowland Gorillas. Coltan mining has led to clearing of forests, destroying gorilla habitat and their food as well as the poaching of gorillas for "bush meat" to feed the miners and the rebel armies that protect the miners. The numbers of gorillas in this area has declined by 90% in the last five years.

If you want to help save the gorillas, look after your mobile phone, don't replace it as often and recycle it when you no longer need it. This means that there will be less need for the mining of coltan in the areas of endangered gorillas. Grafton High School has a mobile phone recycling box. Phones can be given to Mrs Caley in Science or Mrs Kelly in the front office for your ticket in our recycling raffle.

Quote of the Week

Learn to listen very carefully - opportunity often knocks very softly

Answer
One, because after that the basket isn't empty.

About MS

MS stands for Multiple Sclerosis an unpredictable and mysterious disease of the central nervous system (the brain and spinal cord)

Our central nervous system contains nerve fibres that help send information to and from different parts of our body. A substance called myelin coats the nerve fibres, like insulation around an electric cable.

The healthy body's immune system normally defends the body from attack by viruses or bacteria. However, in the case of MS, the body's immune system attacks its own myelin, causing disruption to messages being sent to and from the brain.

The myelin becomes scarred and the damaged areas are called "sclerosis". As they appear in "multiple" places within the central nervous system, the disease is called Multiple Sclerosis.

Some facts about MS:

- MS affects over 16,000 Australians and more than 2,500,000 people around the world, and is most common in young adults.
- It's usually diagnosed between 20 and 50 years of age.
- Almost three times as many women as men have MS.
- It is more common in cooler climates.
- MS is not contagious.
- Symptoms can be mild or severe and come and go unpredictably.
- It affects each person differently.

The cause and cure of MS is unknown.

About the MS Read-a-thon

The MS Readathon is organised by MS Australia. Now in its 30th year, the MS Readathon is Australia's principal literacy and fundraising program.

The MS Readathon encourages children to improve their reading skills, learn about Multiple Sclerosis and provide support for those in Australia who are living with this mystery disease.

Children gather sponsorship from family and friends for the reading they complete in June.

Last year more than 52,000 Australian kids joined in the fun by reading more than one million books and raising over \$4.2 million.

The MS Readathon is an opportunity to further enhance the existing reading skills of children by actively encouraging them to spend more time reading.

Participants can read books, magazines, newspapers and website content of their choice, and runs in conjunction with their classroom reading activities. If you are already taking part in the Premier's Reading Challenge, your reading can count for both!

Every child who completes the MS Readathon receives a certificate and reading rewards to say 'thank you' for their role in changing the lives of Australians living with Multiple Sclerosis.

It also offers children experience in first hand social responsibility and community values as they raise sponsorship money to benefit people living with MS throughout the country.

Ready to start reading, earn cool rewards, and get into the fun of the 2009 MS Readathon?

The fastest way to enter and receive your Starter Pack is to enter online.

www.msreadathon.org

If you would prefer to send it to us by post or fax, you can download and print a Registration Form here.

Starter Pack

Once you have registered online, you can download your **MS Readathon Starter Pack**. It's full of fun, facts and lots of information you need to have a successful MS Readathon. There are three parts to the Starter Pack:

- Everything you need to know about the MS Readathon

My Sponsor List: www.msreadathon.org.au/librarymanager/libs/15/list_sponsor.pdf

My Reading Record List: www.msreadathon.org.au/librarymanager/libs/15/list_readingrecord.pdf

SRC News

Disco

The SRC is holding a disco next Thursday 14th May from 7:00 until 10:00pm in the MPC. All funds raised from this disco will be used to refurbish the seating area near T block. The theme for this disco is "The 80's". So get out your fluoro clothes, leotards and leg warmers, tease that hair and put on your shoulder pads! The entry fee is \$5. Student identification cards will need to be shown to enter the disco.

Relay for Life

Grafton High School is also participating in the Relay for Life, which is being held on Saturday 16th May and Sunday 17th May, 2009. at Yamba Sports Complex, Angourie Rd, Yamba. The event begins at 3pm on the Saturday and concludes on the Sunday at 9am. Students can attend for the whole event or visit for a few hours. If students wish to participate for the whole event they will need to bring a tent and camp at the venue. The cost is \$11 per person, which covers a t-shirt and complimentary breakfast. Supervision by a teacher will be provided whilst the students are at the event. We encourage students and parents to join a team for Grafton High School. Please see Mrs McCallum (in bottom Maths staffroom) for further information and permission notes. Confirmation of attendance needs to be known by Wednesday 13th May so that teams can be finalised.

Mrs McCallum

The Knight Club

Registered with the Martial Arts Industry Australia
NSW Fencing Association and
qualified with Australian Institute of Sport.
Assoc. With Medieval Guilds Inc.

After-school **young knight's** adventure, sport and gaming program for kids aged 7-15
Fantasy role play games, longbow archery, foam sword training and team building games.
Codes of Conduct; learning respect and honour and rewards for skill and behaviour.



Learn Chanbara (Japanese Samurai sword style using special foam swords) and Medieval sword styles as well as modern fencing.
Battle orcs and trolls, rescue the prince, become the hero.

Enter competitions and win prizes.
Safe and loads of fun for boys and girls.

LARP games (google LARP for more)

Wednesdays 4:00 - 5:00pm starts 6th May
Grafton Showground

(On wet days we use the large agricultural hall)

Enquiries: 6651 4059 or 0417 275 011

No need to book—just turn up!

\$8 per session



BCU Banking Tips

Boost your savings, earn more interest. Birthday and Christmas money give a great boost to school banking. Sometimes it might feel like you're giving your money away, but that's not the case at all—when you put money into your savings account you earn interest. The more money you save, the more interest you earn. Put your money to work for you!

Congratulations Evie Bruce

The students and staff of Grafton High School would like to congratulate Evie Bruce in Year 12 for being in the short list of possible winners of a writing competition with \$500 prize money and also having one of her original poems published in a book of poetry. Well done, Evie! (Don't forget us little people when you're rich and famous!)

U/15 Australian Rules

In the first round of the CHS knockout, Grafton High defeated South Grafton in a close tussle, 31-17. Best for GHS was Zac Hayes. Others who played well were Jacob Bagnell, Martin Donohoe and first gamer, Wayne Lentfer.

The second round match is against Toormina.

Mr Pursey

Gympie Muster 2009

Friday 28th August—Monday 31st August

All you country music lovers come and join a four day adventure trip to the Gympie Muster. This trip is a fundraiser for your local Westpac Lifesaver Rescue Helicopter and with your help we will be able to assist this vital service.

Cost per person \$595

Includes:

- ◇ Return travel by luxury coach
- ◇ 3 nights accommodation & breakfast on a twin share basis
- ◇ Morning tea on days 1 & 4
- ◇ Friday, Saturday & Sunday admission tickets to the Gympie Muster

A deposit of \$150 per person is required at the time of booking or before 15th June, with full payment due on or before 31st July 2009.

For any enquires and tour bookings please call Gail Firth on 6643 4459 or 0428 434 459.

Your luxury coach will be departing:

- ◇ Market Square 6:30am
- ◇ Post Office South Grafton 6:40am
- ◇ Maclean 7:10am
- ◇ Other stops by arrangement

The actual line-up of stars will be available closer to the Gympie Muster Weekend.

ATTENTION-SEEKING

Attention-seeking is the most common form of misbehaviour in children

Attention-seeking can take many forms – eating problems, clowning, the walking question-mark, constant interruptions, showing-off and whining.

Attention-seeking is the most common type of misbehaviour in children. Attention-seekers want to keep their parents busy or keep them in their service. There are two types of attention-seeking behaviours – “help me” behaviours and “notice me” behaviours. “Help me” behaviours include; feigned incompetence, laziness, forgetfulness and untidiness. These are all great ways for kids to keep their parents busy with them. “Notice me” behaviours include; eating problems, clowning, the walking question mark, constant interruptions, showing-off and whining. These behaviours are usually very effective at gaining unwarranted attention as they are very difficult to ignore. Parents often unknowingly encourage children’s attention-seeking behaviour by constantly responding to it.

HOW DO I KNOW IF MY CHILD’S BEHAVIOUR IS GENUINE OR ATTENTION-SEEKING?

Check how you feel when children misbehave. If you feel annoyed or irritated then that is a sure guide that it is attention-seeking behaviour you are dealing with.

If you are still unsure, ask yourself:

‘Would the behaviour stop if I ignored it?’ If the answer is yes, then it’s attention-seeking, as it requires feedback to continue.

HOW TO CHANGE ATTENTION-SEEKING BEHAVIOUR

- **As difficult as it seems you need to ignore attention-seeking behaviour as much as possible.** The easiest way to ignore misbehaviour is to put your attention elsewhere when kids misbehave. If necessary, correct a child, but in a low-key manner to give him or her little attention.
- **Provide lots of positive attention** – play, talk, encourage, value their contributions and achievements. In the absence of positive attention, children will settle for second-best – negative attention such as nagging or even punishment. At least you know they are around!
- **Help attention-seekers feel useful.** Let them know that they don’t have to resort to cheap tricks to gain a sense of belonging in their family. Make sure each child does something around the home that someone else relies on. Help them belong through positive contribution rather than through poor behaviour.

- **Spend time with them.** Read, play, chat or just relax together. Our limited time with children needs to be enjoyed rather than spent reacting to or trying to change poor behaviour.
- **Catch children being good.** Children need to get the message that cooperative behaviour gets them more attention than negative behaviour. Ignore the poor and accentuate the positive is the message here.
- **At times some children may feel neglected or think that a brother or sister is receiving all your attention.** If this happens plan to have some one-to-one time with each child. Develop a special interest that you share with each child in your family so you have something in common.
- **Help each child develop a sense of other.** That is, your children need to understand that the family doesn’t always revolve around them, which tends to be the case with many attention-seekers.



Parenting Ideas Tip Sheet

SAFE SEXTING: No such thing

Information sheet for parents



Parents are urged to warn children about the dangers of ‘sexting’ – the growing trend for young people to send provocative images of themselves to their friends via mobile phones.

Once photos are sent, it is an almost instant push of the button to forward them or load them onto the internet. These pictures then become part of a young person’s ‘digital footprint’, lasting forever and potentially damaging future career prospects or relationships.

Images sent by mobile phone can easily fall into the wrong hands, and once they are in cyberspace it is impossible to remove them or control who sees them.

More and more young people seem to be distributing highly suggestive or even sexually explicit photos of themselves to their friends, often without a real understanding of the consequences.

The easy availability of new technologies and social networking sites can turn what can seem an innocent joke or flirtatious fun into a potentially devastating experience – with young girls most at risk.

Sexting can lead to public humiliation, cyberbullying, or even sexual assault.

The message to young people is – don’t post images of yourself and don’t distribute any sent to you.

It is illegal to take sexual photos of children and young people and it is also an offence to pass them on.

Parents are encouraged to get advice on sexting through the 24-hr parenting advice line, Parent Line 1300 1300 52. The line is staffed by highly trained and experienced counsellors.

Parents can learn about how technology is used in their child’s life by visiting the Education Department’s website www.schools.nsw.edu.au/click

For more advice on parenting and sexting, visit the Department of Community Services website www.community.nsw.gov.au.

Tips for parents

- Warn your children about the consequences of sexting.
- Remind children to think before they act.
- Tell children that sending or possessing child pornography is illegal.
- Warn them about sexual predators.
- Parents should learn how to use and monitor their children’s mobile phones.
- Parents should check photo galleries on their children’s Facebook and MySpace accounts.
- Give your children clear rules on what they can and can’t do with their mobile phone.

Further information

www.schools.nsw.edu.au/click www.community.nsw.gov.au Parent Line 1300 1300 52