

# Grafton High School

## Achieving Excellence

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Friday 19th June 2009



Grafton High School is a registered Asthma Friendly School. The school recognises the seriousness of this condition and takes steps to minimise the problem. Steps taken recently are to have staff and students advised about emergency asthma treatment and new asthma first aid kits purchased. As part of the program any students who has indicated they have asthma was give a note about the schools procedure for treating asthma. Parents were asked to advise the school if this plan was appropriate for their child. These notes were to be returned and a record of appropriate treatment was to be kept. Any parent who did not receive this note and would like to complete one should contact the school.

### Grafton High School Asthma Plan

Step 1: Sit the person upright remain calm and provide reassurance. Do not leave the person alone.

Step 2: Give 4 puffs of a blue reliever puffer, one puff at a time, through a spacer device. Ask the person to take 4 breaths from the spacer after each puff.

Step 3: Wait 4 minutes.

Step 4: If there is little or no improvement, repeat steps 2 and 3. If there is still little or no improvement, call an ambulance immediately. Continue to repeat steps 2 and 3 while waiting for the ambulance.



### School Spirit on Show

It was wonderful to see the spirit of participation and cooperation amongst students at the Athletics Carnival last Wednesday. Whilst talented athletes aimed to set new records most students participated for the simple enjoyment that comes from being actively involved. Well done students and staff!

Students who did not attend the carnival are required to provide a note explaining their absence.



### In this Issue

Page 1 Asthma

Page 2 Agriculture Students Visit Primex

Page 2 Language News

Page 3 Marine Studies Excursion  
to Seaworld



First on the North Coast  
Leading the way since 1912

### Year 9 Parents and Students Information

GHS will be running a program called "Love Bites". This series of information days covers domestic violence and sexual assault. The program about respectful relationships is an important part of our welfare program for 2009.

It is expected that ALL YEAR 9 STUDENTS will participate in this early intervention and prevention program. The whole of Year 9 will be divided into four groups and each group will participate in the program on one of the consecutive Fridays starting from the 7th to the 28th August (Term 3).

The program is conducted by a range of qualified professionals. It consists of educational sessions and creative sessions with a nice balance of factual knowledge and fun activities all aimed at providing a comprehensive understanding of the issues surrounding domestic violence and sexual assault. If you would like to know more about the programme or even be willing to attend the 3 hour introduction training on the 24th June please contact the school and make an appointment. You can ask for either myself or Mr Howe (Year 9 Adviser).

Chrissy Lasker (School Counsellor)

### Language News

The YEAR 8 CULTURE DAY will be held on Monday 6th July. This is the last week of Term, Week 11. We have lots of wonderful activities planned for the day including language games, sports, competitions and eating food from the country you are studying. There will be lots of prizes given out and a wonderful concert at the end of the day.

The cost of food and resources for the day will be \$5.00. Please pay your money to the front office as soon as possible. Speak to your language teacher if there is a problem with the cost. All of year 8 are expected to attend. We are anticipating a very enjoyable day.

□□□□□

Bon travail

Kerja Keras.

### Quote of the Week

Lose patience  
Lose completely

### Maths Gold Brain Teaser

This week's Brain Teaser is presented by Georgia Patterson. If an electric train is travelling at 278kmph and the wind is travelling at 561kmph then which way will the steam be blowing at the southern end of the track?

### Agriculture and Primary Industry Students Visit Primex

"The Santa Gertrudis bull from Yugilbar station is definitely the biggest" was a comment from one student. "But the Charbray would have been bigger if he stood up" commented another. Such was the discussion amongst the 35 students who went to Primex last Friday. A clear sunny day ensured that Primex 2009 was a very busy Agricultural show and made for a very busy Agricultural show and made for a very interesting and enjoyable day. Yes, there were a lot of cattle breeds on display. There were also a record number of exhibitors this year and students took the opportunity to investigate a wide range of machinery on show, working out how they function and comparing the brands.

Landcare and sustainable land management issues were a highlight and much was learned by students just browsing around the wide range of exhibits. The experience demonstrated the wide range of industry opportunities that were available for future careers. The students were a credit to our school and we all had a great day!

Mr Kelemec, Mr Brown



Agriculture Students at Primex



Egyptian Artist from Year 8 class



at Seaworld

### Brain Teaser Answer

If it is an electric train then there is no steam.

### Textile Excursion

Last week Mrs Butcher and Mrs Glasser, accompanied by 22 enthusiastic Year 10 and Year 11 Textiles students travelled to Sydney.

They experienced first hand textile factories, processes of manufacturing and garment making at Supre, a Sydney, Knitting Mill and the Powerhouse Museum. The highlight was Grafton High School continuing the tradition of being 'white gloves' ladies at the Sydney Quilt Show. This involved the students showing the general public the backs of the quilts. Whilst at the show students spoke to many renowned Textile Artists.

Mrs Glasser



"White Glove Ladies" from Grafton High School

### Marine Studies Excursion to Sea World

"A mad day!" was a quote from one of 44 students who visited Sea World as part of the Marine Studies Excursion on Tuesday this week. It was a warm sunny day and twenty five (25) of those students took the opportunity to snorkel in the 25°C Tropical Reef tank along with stingrays, manta rays, reef sharks and many colourful fish that inhabit the tropical reef environment. The hot showers afterwards were a hit!

Most students saw and learned from watching the large marine animal shows including the Dolphin show, Sea lions and Polar bears. Needless to say the rides were very popular, however, I think there has to be a question on the sanity of one student who rode the Jet bike ride seven (7) times in succession, for fun???

All students were excellent ambassadors for our school. We all came away with a greater appreciation of the precious marine environment we are lucky enough to live near, and why it is important to preserve it.

Mr Brown, Mrs Blackburn

### Think Climate Think Change

Tips to combat climate change that EVERYONE can do!

Save hot water

Keep your showers as short as possible to save both water and the energy needed to heat the water



### Tender

For sale by tender is a Wood Thicknesser. If you have any enquiries you can phone Chris Metcalfe, Head Teacher Tas on 66423355 or just place your price in the Tender Box at the Front Office.

Tender closes 3.30pm on Wednesday 7th July.

### Coming Events

- 22 June Yr 10 Work Experience
- 25 June 7.00pm P&C Meeting
- 1 July Zone Athletics Coffs Hbr
- 8 July Parent Teacher Meeting  
Years 7-12
- 10 July School Holidays



