

Grafton High School

Achieving Excellence

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Friday 28th August 2009



Studies in Today's Society

Year 11 Studies in Today's Society students have been involved in a series of basic self defence lessons. The course has been conducted by Rick and Tracey Burton.



Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents and carers can begin this education in the home and support school and other programs such as the PRISK seminars. Parents also provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. For example, sitting down with the young person in your care and map out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with discussions.

Take the opportunities when they come up during everyday activities, for example:

- ✓ When you pour a glass of alcohol
- ✓ When alcohol or other drugs are mentioned on TV or other media
- ✓ When using or giving out medicines
- ✓ When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enable them to consider what they could do differently the next time they are faced with a similar situation.

Mrs Nichols HT Welfare



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First on the North Coast
Leading the way since 1912

Time for a Spring Clean in the Holidays

The spring fair will be held on Friday 11 September. We are keen to start a Bush Tucker Garden at school, and are having a stall at the Fair to raise money for the purchase of plants and landscaping supplies.

Donations of unwanted books, magazines, videos, CD's, DVD's, jigsaw puzzles or plants in pots would be very much appreciated. They can be given to Mrs Caley in the Science department.



Also the white elephant stall is wanting small saleable items, if you can help in any way phone the Welfare Staff on 66423355.

Think Climate Think Change

Save energy

Hang your washing on the line instead of putting it into the dryer, so the sun and wind can dry it naturally!

Maths Gold Brain Teaser

This week's brain teaser is presented by Trevor Hughes!!!

A queen bee was buzzing, a worker bee was buzzing, a honey bee was buzzing, and a killer bee was buzzing. How many bees were buzzing?

Quote of the Week

Failure requires no preparation

AFL Development Squad

AFL development squad training at Ellem Oval, 5.00– 6.00pm, Thursdays for 6 weeks. Contact Hugh O'Toole for details on 0412943771.

GHS Uniform Expectations

It is a clear expectation that all students of Grafton High wear the school uniform. This includes a requirement that students wear safe, covered footwear. **Students in sandals or thongs will be withdrawn from classes** and home contacted so that appropriate footwear can be provided for safe participation in classes.

Student Assistance may be requested for uniform. Application forms are available from the Front Office. Applications are treated in confidence.

Guitar Lessons

The Music department has organised a guitar specialist to come to the school, to give lessons, on Tuesday and Wednesday, during the lunch break.



The cost for these lessons is \$5.00 per student per lesson. This is to be paid to the teacher at the beginning of the lesson. If you are interested see Mrs Worrell or Mrs Watson, in the CAPA staffroom, for more details.

Aboriginal Performance

Students from Year 7 History, all Year 8 and students studying Aboriginal Studies have been invited to attend a performance by Sean Dewar in the MPC on the 8th September.

Information has been sent home, along with a permission note which is to be returned to their class teacher with \$3.00 by Friday 4th September.
Ms Armstrong HT History

Gold, Silver, Bronze Merit Awards

Grafton High School has begun a new merit scheme designed to recognise the efforts of self-motivated students. The Bronze, Silver and Gold Award Merit Scheme requires students to meet various requirements of behaviour and attendance as well as participation in school activities outside of the classroom (Silver Award) and completing community service outside of school (Gold Award).

Already 11 students, ranging from Year 7 to Year 11, have met the requirements for the Bronze Merit Award which include fostering positive relationships with their peers, being punctual, demonstrating good organisational skills and following and maintaining all classroom rules for a period of 20 consecutive days. These students are: Sionel McFarlane, Jamie Martin, Kate Sneesby, Kathryn Robinson, Breanna Rankin (Year 7), Alexandra Pate, Sarah Kitcher (Year 8), Kirsten Nash, Bethany-Kate Richmond, Kimberly Harris (Year 9), Morgan Smith (Year 11).

Congratulations to those students. These awards are a fantastic addition to a student's CV and we encourage more students to participate in this scheme, particularly some boys!

In coming years we are hoping to have the Bronze, Silver and Gold Merit Award Scheme sponsored. If you are a local business owner and would like to sponsor this merit scheme, please contact the school for further details.

Mrs. Martin Bronze, Silver, Gold Merit Scheme Co-ordinator.

Become a Volunteer and Gain that Competitive Edge

Voluntary work is fast becoming a common form of work experience. It is also a great way to test the water to see if you are interested in a certain career path and is particularly useful in establishing new contacts.

Volunteering is a great way to gain new skills
Many do not realise that thorough training is often given to volunteers in areas such as supervision, communication, presenting skills, use of equipment, health and safety, and in providing information to the community. All these skills are highly transferable to paid employment, and as such, can make you very attractive to employers.

Volunteer work on your resume? Absolutely!
Do not assume that because volunteer work is not paid, that it is not worth adding to your resume. Nothing could be further from the truth. In order to capture the employer's attention, your resume needs to stand out from all the others. One way to do this is to show employers that you are an involved member of society, someone who is committed to making the community a better place to live.

Volunteering can be for everyone
There are literally hundreds of organisations who have volunteers as the backbone of what they do. The most well known are charity, community service and church affiliated organisations. Though there are many more organisations such as animal welfare, environmental/outdoors, sporting and youth activities to name a few.

For further information please contact Volunteering Clarence Valley (02 6642 6979) located within the New School of Arts Neighbourhood House, Cnr of Spring and Skinner Streets, South Grafton

Coming Events

- 28 Aug Year 8 2010 Language selections
- 31 Aug Year 7 Immunisation
- 2 Sept Great Aussie Bush Camp
- 11 Sept Spring Fair
- 2 Oct Yr 12 Farewell Assembly



Regional Director Visit

It was our pleasure to have Peter Haigh, North Coast Regional Director of Education, visit Grafton High this week. It was an opportunity for Mr Haigh to meet some of our student leaders and staff during his brief visit.

Under the leadership of Mrs Chesworth our Year 11 Hospitality students provided a fantastic lunch. Our master chefs for the occasion were Morgan Smith, Annika Olsen, Amanda Geary and Shuko Tomoto.

Mr Haigh was keen to learn about plans to work more closely with Maclean HS and South Grafton HS in providing an even wider range of options for senior students. He also showed a keen interest in the Selective Class that will commence at Grafton High in 2010.



Working hard in the History class, drawing Egyptian Artwork

Drum Tuition

Creative Drum tuition with experienced drummer and teacher. Twelve years teaching experience, 26 years drumming experience. Phone Michael on 0415161651.

Brain Teaser Answer

Answer: one, there is only one b in buzzing!

Grafton City Soccer

Grafton City Soccer Club Presentation Day Sunday September 27th 11.00am at the racecourse under main grandstand. \$15.00 per family, \$4.00 single. Presentation to all players.