



COFFS HARBOUR HIGH SCHOOL

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Telephone: 02 6652 3466 Fax: 02 6651 4004

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 4 — 2014/07

4th November 2014

FROM THE PRINCIPAL

HSC exams are drawing to a close. It was gratifying for me to see how Year 12 students remained focused right through the pre exam study period, and have mostly been reacting positively to the entire HSC experience, indicating to teachers that they felt well prepared. I am now looking forward to a more relaxed meeting with students and their families at the Year 12 farewell function on 13th November. Thanks are due to Mr Craig Hundle and the student formal committee for the work they have put in to organise the event.

As the school leaving age is now 17 and the great majority of our students therefore continue on to Year 12, there is no longer any need for an end of Year 10 assembly or function organised by the school.

You will read later in the newsletter about our recent Year 11 study tour to Vietnam and Cambodia. This wonderful trip has provided the kind of experience which is invaluable for students studying either Modern History or Society and Culture. Parents and teachers have all given us very positive feedback about this year's adventure, and I want to express our sincere thanks to Mrs Lyn Bailey for the huge effort involved in organising this fabulous learning opportunity. Parents place great trust in teachers when they allow their child to go on an overseas excursion, and the Department of Education acknowledges this trust through the strict guidelines it imposes. Meeting these rigorous requirements is not for the faint-hearted: it calls for long-term detailed planning, and the people involved are to be congratulated for their outstanding success.

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FROM THE PRINCIPAL (continued)

Congratulations are also due to Mandarin and History teacher Mr David Dun on his appointment to a permanent position in our school. Mr Dun is fluent in both Mandarin and Spanish, having lived in China and Spain for several years. His first-hand experience as an Australian living and working in China will be a huge help in the delivery of our Chinese language courses. He is also intending to work with Business Studies teacher Mr John Mellalieu to develop a Year 9/10 Commerce elective around the theme "Doing Business with Asia".

I am pleased to see that more and more students are riding bicycles to school. We encourage this trend, and bike racks are provided near the Lighthouse Studio. This is a good time to pass on an important reminder to cyclists from Senior Constable Snow: "Please follow the road rules when leaving the school, and don't forget your helmet." Skateboards and scooters, however, are not to be brought to school.

I seek the support of all parents in ensuring that our students come to school dressed in uniform. The P&C and student representatives worked hard together to come up with a new uniform that is comfortable, good-looking and reasonably priced, and they received a lot of support in the whole process from all sections of the school community. So it is disappointing, both for them and for me, to see that some students are choosing to ignore the uniform we all agreed on. 2014 has been a transition year for the girls' skirt in particular, and we hope to see all girls wearing the new model skirt by the start of 2015. The other uniform item we are keen to see adopted by all is the wearing of black shoes, which do so much to improve the general appearance of the uniform as a whole. Please keep this in mind when buying replacements for those ever-growing teenage feet. And of course if your family is facing financial difficulties in purchasing uniforms, please contact Mr Ryan Hardie-Porter so that we can provide assistance.

THE CLASS OF 1964



PREFECTS

BACK ROW: Larry Griffin, G. Gerlach, D. Sykes.

FOURTH ROW: D. Hammon, C. McPhee, P. Macdonald, I. Shepherd, P. Moller, G. Ferris, R. Griffin.

THIRD ROW: K. Wheatley, B. Barnett, J. Muldoon, R. Grey, J. Samio, P. Ireland, W. Buckman, J. Rose, W. Smith, M. Quinn.

SECOND ROW: P. Pearce, B. Amos, D. Eckford, J. Ross, C. Wheaton, B. Oven, L. Ashdown, L. Crabtree,

FRONT ROW: K. Campbell, J. Wear, L. Dovey, D. Turner (capt.), Mr. K. B. Fordyce, A. Young (capt.), B. Williams, B. Noyce, B. O'Neil.

FROM THE PRINCIPAL (continued)

The Class of 1964 held a four day reunion in Coffs Harbour with approximately 50 past students attending. The reunion started on Thursday 16th October with a Harbour walk and on Friday a gathering was held at the Deep Sea Fishing Club. The main event was held at the Coffs Harbour Racecourse with a dinner on Saturday 18th October.

It was a pleasure to open the school on Saturday morning to allow our former students and their partners to revisit classrooms and see some of the changes. The former students showed great interest in our current teaching programs and school priorities. I have appreciated the email contact that I have had with several of these former students and the opportunity this has provided to learn about their rich and fulfilling careers. These sorts of personal stories can serve as inspiration to our current students.

Congratulations to Jim Gallacher for his exceptional organisational skills in bringing together classmates from far and wide.



Merita Quin (1964 Dux) with Ian Shepherd (1965 Dux)

FROM THE PRINCIPAL (continued)

1964 School Captains
Douglas Turner
and Ann Young



Patti Kearns

ELECTED SRC FOR 2014/2015

CAPTAINS AND VICE-CAPTAINS



L-R: Alex Spiteri-Albon (Captain), Gabe Ellicott (Vice-Captain),
Grace Crawley (Vice-Captain) and Chelsea Rose (Captain)

STUDENT REPRESENTATIVE COUNCIL



Back row: Alex Spiteri-Albon (Captain), Dylan Thompson,
Gabe Ellicott (Vice-Captain), Angus Field, Brandon Green and Myles Bowden.
Front row: Brooke Alchin, Courtenay Treadwell, Chelsea Rose (Captain),
Grace Crawley (Vice-Captain), Shardia Raymond and Tiffany Skewes.

ASSISTANCE TO SCHOOL PROJECTS

The health and safety of our students is something your P&C is passionate about. This year we have been on a number of tours of the school and shown how we can help make some areas more comfortable for the students. We have pledged to contribute more than \$45,000 towards shade and shelter structures within the school grounds, technology upgrades and library furniture. We also offer assistance to our students who represent Coffs Harbour High School at regional and state level in sport, the arts and academic excellence.

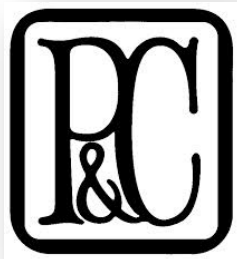
CANTEEN

The vast majority of our fundraising comes from our canteen. Our fantastic canteen staff, Michelle, Tracey and Deanna, is always looking for volunteers to help during their busy days and we appreciate the help of those who give their valuable time each month. If you are a parent, guardian or other family member who is able to spare some time please call 6652 4637 to volunteer. We appreciate the help of the many people who already volunteer.

MEETINGS

Our meetings are held in the Library at 7.00 pm on the first Monday of each month, except during school holidays. It is an excellent opportunity to be part of your child's education and learn about the day to day running of the school, positive achievements and other relevant issues. They are fun and informative! You are welcome to come along and join us at our next meeting scheduled to be held on Monday 3rd November.

Paul Covington
PRESIDENT/PUBLICITY OFFICER



FROM THE DEPUTY PRINCIPAL

Congratulations to Year 12 for their efforts in completing exams and their final weeks of schooling in a positive and dignified manner. Exams will conclude on Wednesday and results will be released in mid-December. We look forward to celebrating with Year 12 at their Formal on 13th November and wish them a safe and happy time over the next months as they prepare to move to further study or work. It will no doubt be a time filled with relief and spare time with no study to do and we hope they all leave us with positive feelings about their time at Jetty High.

While Year 12 is reflecting on memories of high school, Year 8 have been busy creating memories of their own, in particular at the recent camp at Nymboida River. I was fortunate to attend and enjoy the fun filled couple of days tubing, canoeing and rafting on the river and felt very proud of our students who excelled in the problem solving and team building activities and seemed to grow wiser, more self-reliant and confident in just two days. Outdoor Education is a proven opportunity for young people to develop many skills that will serve them well throughout life and I thank parents for supporting the excursion and Mr Shaun Hardy for his hard work in organising the trip.

Year 11 will be trialling a study skills program run by Elevate Education this week and we are hopeful that the program will provide opportunities for students to refine and improve their study habits. If the program is successful, we hope to offer sessions annually for Year 11. Thank you to Mrs Dionne Court, Career Adviser for her work in coordinating this program.

Forty students from Year 9 will soon be assisting our incoming Year 7 as Peer Support Leaders. Students currently in Year 6 who will be coming to Jetty High School next year will be attending an orientation day on 3rd December. Our peer leaders will be trained this week and will learn about leadership, teamwork, managing groups and positive communication, which will be useful skills throughout their lives, as well as for helping the current Year 6 to prepare for High School. The Year 7 Adviser for 2015, Ms Kristin Vlasto and one of our Learning and Support teachers, Mr Marek Paszkowski, have been enjoying their visits to the primary schools to meet with students and answer their many questions about high school.

Kathy Steward

IMPORTANT DATES

DATE	EVENT
10 th November	Confucius Classroom Opening Ceremony
11 th November	Remembrance Day Ceremony
11 th & 12 th November	Excursion to “The Lion King” Brisbane
11 th November	Year 6 into Year 7 Parent Information Evening School Hall — 5.00 pm (students are welcome to attend)
13 th November	Year 12 Formal to be held at CEx Coffs
14 th to 22 nd November	Year 11 Excursion to Heron Island
17 th to 21 st November	Year 10 Exams
17 th to 21 st November	Year 10 SES Cadetship Training Course (Alternative exam arrangements have been made for these students)
25 th November	Small Schools Orientation Day (Year 6 into Year 7)
27 th & 28 th November	Year 11 Excursion to Queensland Universities
1 st to 5 th December	Year 10 Excursion Tallebudgera Sport & Recreation Centre <u>or</u> Optional Work Experience Week
1 st December	P&C Meeting — School Library — 7.00 pm
3 rd December	All Schools Orientation Day (Year 6 into Year 7)
8 th December	Years 7 to 10 Reports posted home this week
12 th December	Presentation Day Assembly
15 th – 17 th December	End of Year Interest Electives (EOYIE)



YEAR 12 FORMAL

FORMAL TICKETS ARE STILL AVAILABLE

WHEN: Thursday 13th November 2014
WHERE: CEx Coffs
Vernon Street
COFFS HARBOUR
TIME: 5.00 pm for 6.00 pm start
COST: \$65.00 per person



AT THE FRONT OFFICE
LAST DAY FOR TICKET SALES 5TH NOVEMBER

CONFUCIUS CLASSROOM OPENING

You are cordially invited to
Coffs Harbour High School
Confucius Classroom Opening Ceremony

at Coffs Harbour High School
on Monday 10th November, 2014
at 10:10am till 11:00am

RSVP to sheree.burnham@det.nsw.edu.au
by Monday 3rd November, 2014

Please also join us afterwards for
morning tea in the school's garden

STUDENTS SPEAK THEIR MINDS

THE LEGACY JUNIOR PUBLIC SPEAKING AWARD

Many words are spoken at NSW Parliament House but on 13th September it was the young giving their words of wisdom.

Twenty four students from across the State took to the stage for the NSW semi-final of the Legacy Junior Public Speaking Award.

Lisa Macdonald from Coffs Harbour High School spoke eloquently on her chosen topic “War” for the prepared five minute speech and followed up with a convincing argument for the two minute impromptu.

Making it to the semi-finals was a great achievement for Lisa as more than 450 students competed across NSW.

The Legacy Junior Public Speaking Award encourages the speaker’s use of language to convey a message or a point of view to the audience. They are judged on choice of words, intonation, articulation, and pace and pausing.

The competition is organised by the Arts Unit, within the NSW Department of Education and Communities.

Eight students continue to the final on 17th October 2014. For more information visit Legacy’s newsroom at <http://newsroom.legacy.com.au>.

Liz McDougall
MEDIA & COMMUNICATIONS
SYDNEY LEGACY



Lisa Macdonald at
Parliament House for the
semi-final of the
Legacy Junior Public Speaking Award

CREATIVE WRITING CAMP AT VALLA

A multitude of students from Years 9 and 10 were invited to attend the annual North Coast Creative Writing Camp last month at Valla Beach Caravan Park. The invitation was met with great enthusiasm!

From 11th to 13th September, students got to meet with renowned author Greg Barron and one of Australia's foremost Performance Poets, Scott Wings. These industry professionals guided us through multiple group activities to enhance our creative writing skills. There were also some great sessions to help us create descriptive settings, interesting characters and engaging plots. All of this cumulated in some personal time where we could use our new skills and ideas to compose our own piece of work.

It all started off with cabin allocation and meeting the mentor groups. Teachers and students from the Coffs Harbour region and beyond came to participate, and everyone got to know each other quickly when groups were split and given a teacher to work with. These groups would spend a lot of time together over the three days, going on beach walks and creating characters and stories.

The camp's highlights consisted of Scott Wings' performance poetry, group activities like trivia night and movie night, great games of beach soccer amongst the students and not to forget the snacks and meals that were had!

All in all it was a great camp, where good experiences and learning opportunities came thick and fast. A special thanks to Miss Brewer for accompanying us on the camp, Mrs Madigan for her help in organising and Mrs Neville for helping out with transport. I couldn't recommend the experience enough to future students who have an interest in creative writing.

Ty De Salis
STUDENT YEAR 10



YEAR 11 STUDENTS VISIT VIETNAM AND CAMBODIA

Fourteen excited Year 11 students from Modern History and Society and Culture, and six accompanying adults, left Coffs Harbour on 19th September, embarking on a 14 day tour of Vietnam and Cambodia. A variety of locations showed us amazing geography and immersed us in a variety of rich cultural experiences.



From sightseeing in Hanoi to kayaking and swimming in Halong Bay, to riding bicycles through the rice paddies and attending a cooking class in Hoi An, to getting up close and personal with some water buffalo in Siem Reap, our group of 20 enjoyed lots of laughs and shared an unforgettable learning experience.

At the War Remnants Museum in Saigon and the Genocide Museum – S21 in Phnom Penh, we were exposed to the realities of war and its impact on Indochina. We were impressed by the ancient temples of Angkor and amazed at the floating villages on Tonle Sap Lake where people farm crocodiles for a living!

As organiser of this excursion, I want to thank my fellow staff members for their support and to a fabulous group of young people — thanks for just being you and making this an extraordinary and wonderfully worthwhile journey.

Already thinking about the next one in 2016!

Lyn Bailey
HSIE TEACHER

HSIE FACULTY (continued)



LANGUAGES FACULTY

The end of Term 3 was a busy time for our students of Chinese. The highlight of the term was the visit of a group of students and teachers from our sister school in Jinan province. The group arrived by train from Brisbane before being billeted out with student volunteers and their families. A day trip on 16th September included beach games and visits to the Big Banana and the Dorrigo rainforest while on subsequent days, the Chinese students attended classes with their hosts. It was a wonderful opportunity for cultural exchange and for us to show off the incredible beauty of our area. All involved had a great time and for our students of Chinese, it was a rare and valuable opportunity to put into practice the skills learned in the classroom.

Year 7 students were given a taste of what will be in store for them in next year's Chinese classes when a group of them took part in our Chinese Immersion Day. Students were able to try their hand at Chinese calligraphy as well as traditional Chinese craft. An additional treat was the presence of the Chinese students and teachers from our sister school who were able to demonstrate first-hand what 'real' calligraphy looks like.

Students in Mr Dun's Year 9 class had the chance to participate in the Confucius Classroom Digital Media Competition. This was a competition open to all students studying Chinese at a Confucius Classroom school in NSW to celebrate the 10th anniversary of the founding of the Confucius Institute Headquarters. A number of students worked very hard over a series of lessons to demonstrate their learning and to highlight the opportunities on offer at Coffs Harbour. Our winners will be announced at the official Confucius Classroom Opening Ceremony on 10th November. The ceremony will be attended by senior officials from the Confucius Institute in formal recognition of the cooperative agreement between the Institute and CHHS: the only school outside of metropolitan Sydney thus recognised.

Looking further ahead, next year's China excursion is only six months away! At this stage it is vital that all students going on the trip obtain travel insurance and forward a copy of the policy document to Mrs Burnham. These documents are needed to be able to go ahead with the paperwork.

David Dun
CHINESE TEACHER



LANGUAGES FACULTY (continued)



LIBRARY NEWS

Term 4 is a busy time in the library. Year 12 are busy with their HSC and will be returning their textbooks. Year 11 begin their Year 12 work and are issued with their HSC texts.

Year 11 is encouraged to pay the text book bond of \$100 at the beginning of their school year and if all items are returned, the whole sum is refunded to the student at the end of their school career. The cost of missing textbooks is deducted from the amount refunded.

This term all students will be contacted in person or by letter or phone, regarding any overdue texts or Library resources. If the item cannot be produced then the student will be advised of the cost of a replacement copy and will be requested to pay the amount to the Administration Office and show the receipt to the Library staff so that the loan can be discharged and a new copy ordered. If parents assist in this process by encouraging the timely return of items then the whole process is a lot easier and less costly.

Year 10 students intending to move to another school will have to complete a Leaver's Clearance form and be cleared by the Library as well as faculties; a text not returned in Year 8 will create problems with clearance.

The new furniture in the Library Foyer and the Year 12 Common Room is being utilised by the students who can now read and study in a very comfortable and relaxed environment. Additional lounge seating in the form of tub chairs was acquired from the Coffs Harbour Ex-Services Club at no cost and we are very grateful for that donation to our school community. The new reading areas have also been made more comfortable with bean bags for student use.

The air-conditioning unit in the Library will be totally replaced this term which will cause some disruption to library activities and library bookings. The new unit will be quieter and will duct and circulate air more efficiently by taking into consideration the physical changes to the building that have happened over the past few years.

A replacement scanner and colour printer is now available for student use. I offer sincere apologies to students who were unable to use this service last term and had to resort to black and white. Their pie graphs and diagrams did not look as effective as they had intended when they were created.

New lockers have been purchased for Years 11 and 12 and it is hoped that they will take advantage of the low annual hiring fee of \$25.00 for 2015. The lockers are located on the mezzanine floor adjacent to the Senior Study and Common Room. This will mean that an additional 30 lockers will be available for junior students to hire. Students still have to provide their own lock and will receive a \$10 refund at the end of the year if the locker is left in good condition. Sharing of lockers is discouraged. The library staff administers locker hire.

Mrs Quinn and I will begin the process of culling books from the non-fiction area this term. With the advent of the Internet, unfortunately, usage of non-fiction titles has dropped dramatically. Non-fiction books are not being purchased except for specific resources to support both study and teaching and new syllabus implementation.

We are investigating the possibility of increasing the fiction readership by advising students directly via their student e-mail of new titles purchased that they might enjoy reading. Students frequently suggest titles they would like, they are bought, but the student does not always come and borrow it. Hopefully we can reach more students this way to encourage a life-long love of reading. The bibliographic information could also be useful for parents to select books as gifts for their student for Christmas, birthdays or just because they would like it.

Next year's Year 7 Orientation will happen this term and parents are invited to visit the library to see the environment their children will enjoy.

Gail Latham
LIBRARIAN



WELFARE NEWS

The Welfare Team started this term by asking students to consider the 4 C's: Care, Commitment, Courtesy and Cooperation. Information about the 4 C's run in the daily notices for two weeks each. So far, students have considered "Care" and are now looking at "Commitment".

"CARE" means:-

- being sensitive to other people's feelings;
- managing conflict with other people;
- being honest with myself and others in the School Community;
- handling equipment/books/material in a responsible manner eg, no vandalism or graffiti;
- taking pride in my school, eg, wearing school uniform;
- being responsible for my own actions and accepting the consequences.

Students watched a clip of a young surfer who helps another aspiring surfer to learn the craft. Check out the clip below and admire the combination of human kindness and the power of duct tape:

https://www.youtube.com/watch?v=4h51_z386-M

For weeks 4 and 5 of this term, students are considering "Commitment".

For students, "COMMITMENT" means:-

- working to the best of my ability;
- bringing correct equipment to class;
- handing assessment work in on time and completing homework;
- being organised and prepared for class;
- attending school and every lesson on time.

A short clip you may like to watch involves Eric Moussambani swimming at the Sydney 2000 Olympics. You may remember the media gave him the name "Eric the eel" for his slow performance. Students may be surprised to learn that Eric came from a country without an Olympic sized pool and used to swim in the local river without a coach. He arrived in Sydney and was shocked when he saw the size of a standard Olympic pool. Many would have packed their bags but Eric showed great commitment and competed anyway.

"the first 50 metres were OK, but in the second 50 metres I got a bit worried and thought I wasn't going to make it... I felt that [it] was important [to finish] because I was representing my country... I remember that when I was swimming, I could hear the crowd, and that gave me strength to continue and complete the 100 metres, but I was already tired. It was my first time in an Olympic swimming pool."

<http://www.youtube.com/watch?v=8rql8xwXVac>

Energy Drinks/Soft Drinks

A reminder to students and staff regarding the consumption of energy drinks and soft drinks at school. If you bring soft drink/energy drinks to school they may be confiscated. This includes buying them from shopping centres on the way to school or bringing them from home. Parents, we would really appreciate your support with this matter. Students, if you are feeling thirsty or hungry please read on for an awesome alternative.

Breakfast Club

CHHS students are reminded that if they would like a bite to eat before school, to visit Mrs Andrews in Food Lab 2 before roll call. This is a massive bonus for our school and thanks to the hard work of Mrs Andrews, staff and students can start their day with a full tank. The Breakfast club is open on Monday, Tuesday, Thursday and Friday. It is open to all.

Ryan Hardie-Porter, HEAD TEACHER WELFARE

YEAR 11 PRIMARY INDUSTRIES

Chilli
plants
for
sale

Anyone wishing to purchase young chilli plants can see Mr Hundle at school any time to place an order or contact Mr Parish at the school farm on Mondays, Wednesdays and Fridays between 9.00 am and 3.00 pm.

Plants start from \$5.00 each and costing is one third or less than the recommended retail price.

Some of our plants are rare and hard to find.

SPECIES	HEAT RATING
Naga	8/10
Chocolate Ghost bhut	9/10
Peperoni Double	4/10
Black Congo	7/10
Super Mysto (SMC)	3/10
Giant Merich (purple)	4/10
Grub (guisano)	7/10
Pili-Pili	5/10

Listed (left) are the species we have in stock along with their heat rating.

Craig Hundle
PRIMARY INDUSTRIES &
SCIENCE TEACHER

VISIT FROM THE RSPCA



On 28th October, Ms Ralph's English 8 class welcomed some guest speakers. Their names were Sue Merrick, Inspector Andrew Kelly and Bindi the dog. They came to Jetty High to help educate us about what to do and what not to do with animals. They talked about how the RSPCA is trying to shut down "puppy farms" – places where dogs are bred for profit and kept in terrible conditions. The puppy farms do not support the five freedoms of animals, which are:-

- ❖ freedom from hunger and thirst;
- ❖ freedom from discomfort;
- ❖ freedom from pain, injury or disease;
- ❖ freedom to express normal behavior;
- ❖ freedom from fear and distress by ensuring conditions and treatment.

Also, the guest speakers explained why not to buy animals on the Internet or in some pet stores because they can be from puppy farms. It is much better to adopt.

It was good because they taught us what we can do to help the RSPCA by donating food, money and also our time. By doing this, the RSPCA will be able to help abandoned dogs, cats, horses and all animals. Just like children, all animals deserve to be loved and cared for.

Eulani Bartie-Ellis
YEAR 8 STUDENT

CAREERS

YEAR 10 EMPLOYMENT SKILLS

Students in Year 10 will be benefiting from a range of different opportunities over the next few weeks.

During the week 17th to 21st November, 22 students will be participating in the SES Cadet program.

Students have already been fitted out for their bright orange uniforms and cannot wait to learn about the role of the SES and other emergency service providers. Thank you to the SES for once again offering our students this wonderful opportunity to participate in such a valuable program.

The following one day courses are also available for Year 10 students to participate in. If interested, please collect a permission note from the Careers Office.

Activity Name	Course Date & Location	Course Cost
Safe Food Handling and Hygiene (SITXFSA101)	Monday 24 th November at Coffs Harbour High School	\$85
First Aid Training	Tuesday 25 th November at Coffs Harbour High School <i>Note: Students need to complete a workbook/reading prior to course provided by the school.</i>	\$50
Barista – prepare and serve espresso coffee (SITHFAB204)	Wednesday 26 th November at Coffs Harbour High School Half day course <i>Note: Due to Vocational Education requirements, students MUST complete the Safe Food Handling course prior to Barista course.</i>	\$70

OPTIONAL WORK EXPERIENCE WEEK – YEAR 10

Year 10 students have the opportunity to complete an additional week of work experience in any week between 24th November and 12th December. Interested students will need to collect insurance paperwork from the Careers Office.

PARENTS AS CAREER TRANSITION SUPPORT (PACTS) 6TH NOVEMBER

This program is for parents of students in Years 7 to 9 who would like to develop a greater understanding of how to assist their children's transition through school and make decisions about future career plans. The workshop is free and run by local careers advisers in connection with Youth Directions. If you would like to book into this workshop please contact Youth Directions on 6653 2900.

CAREERS (continued)

QUEENSLAND UNIVERSITY EXCURSION 27TH & 28TH NOVEMBER 2014

This is a two day regional school excursion that visits a selection of NSW/Gold Coast and Queensland based Universities. Tours will be conducted at SCU on the Gold Coast, Griffith University, University of Queensland, as well as a number of smaller institutions. Invitations are open to all 2014 Year 12 students. Places are limited so students are encouraged to submit payment and permission slips as soon as possible.

THE SMITH FAMILY PREPARATION FOR THE WORKFORCE WORKSHOP 12TH NOVEMBER 2014

Students who completed the iTracks and Financial Literacy Programs have been invited to attend a workshop on Tuesday 12th November to prepare themselves for the workforce. Students should have their permission forms already and these need to be returned to the Careers Office as soon as possible.

UNIVERSITY OFFERS

Congratulations to Litia Roko of Year 12 who has been offered a conditional offer to University of Wollongong to study. Litia is looking forward to studying Journalism/Law. Look out for her in the future!

EMPLOYMENT OPPORTUNITIES

- Busways is seeking motivated and energetic people to begin their apprenticeship as either mechanics or body builders in one of their 16 depots. For further details go to their website www.busways.com.au.
- Coffs Harbour Kitchens are looking to employ an apprentice cabinetmaker. Contact Daniel De Nardis on 6651 6688 for more details.

Dionne Court
CAREERS ADVISER



Free Parent Workshop

Parents As Career Transition Support

PACTS

Want to know how to help your teenager with career ideas?

What is HSC & VET?

What is the difference between TAFE & University?



How to explore careers and make a good choice?

What is an apprenticeship?

Supporting parents to learn about study and work options for young people

When: Thursday 6th November 2014

Time: 9.30am—11.30am

Where: Innovation Centre, Coffs Harbour Education Campus
The session will be run by local secondary school careers advisers in association with Youth Directions

Places are limited. To secure your booking please contact either Suzy Zullo or Jo Symons at Youth Directions on 0266532900 or Email: admin@youthdirections.com.au by Tuesday 4th November.



CAREERS (continued)



UNSW Minerals Summer School (UMSS)

19th – 22nd January, 2015

Never Stand Still

Faculty of Engineering

School of Mining Engineering



Unique opportunity to get inside the Minerals industry as part of the 4 day residential UNSW Minerals Summer School (UMSS). Learn about study, careers, lifestyles and opportunities in the Australian minerals industry from professionals, current students and recent graduates.

Start at the UNSW campus in Sydney to experience university life including lectures, labs & the School's 3D virtual reality simulator. Then travel for 3 nights to visit underground & surface mines, learn how coal and minerals are extracted and processed, view mine rehabilitation sites, dine with industry reps and Alumni and have fun with an awesome bunch of new friends with similar interests.

when: Monday 19 - Thursday 22 January, 2015

eligibility: Students currently in Year 10 or 11, interested in Science or Engineering and studying/planning to study subjects such as physics, mathematics (advanced), engineering, earth & environmental studies

cost: \$200 **closing date:** 8 October, 2014

For more information, and to apply, go to mining.unsw.edu.au/UMSS2015

Contact Us

T 61 2 9385 5006
E mining@unsw.edu.au
FB MiningEngineeringUNSW
W mining.unsw.edu.au
CRICOS Provider no. 00098C



DEAN COLLINS NSW STATE TITLES FOR MOTO TRIALS

Recently Dean traveled to Sydney to compete in the NSW State Titles for Moto Trials. The trial held over two days consisted of eleven sections, completed four times each within a five hour time limit.

Day one was miserable as it had rained overnight. Consistent showers throughout the day made the course very slippery and more challenging. Riding on his Beta 125 Dean rode very well losing only one point for the day and finishing within the five hour limit. His nearest competitor lost 6 points.

Day two the sun was out, still a bit slippery but more enjoyable. Eleven new sections to ride four times and Dean rode all sections clean and finished on zero points giving him the win for the weekend and the NSW Title for Junior 7-12.

Last year Dean placed second in the NSW and Queensland Titles.

Dean will be competing in the local trials scheduled to be held on 2nd November at Bucca Moto Trials, Bucca, Coffs Harbour. Congratulations Dean and best of luck at Bucca.





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Newsletter 1

Young People and Risk Taking

Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one's friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. If you have a year 11 student in your family, encourage them to attend.

RRISK seminar dates 2014

Port Macquarie	Panthers Auditorium	7 November
Coffs Harbour	Southern Cross University	13 and 14 November
Kempsey	Melville High Community Hall	19 November
Lismore	Southern Cross University	24, 25 and 27 November
Tweed Heads:	Twin Town Services Club	4 and 5 December

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au and in this newsletter over the coming weeks.



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Newsletter 2

Adolescent Drinking Behaviour

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Alcohol and adolescent brain development

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see <http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf>

Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue www.beyondblue.org.au 1300 22 4636

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au



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Newsletter 3

Parties - Will You Allow Alcohol at Your Adolescent's Party?

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18's.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty of \$5,500 per offence or \$11,000 and 12 months prison in very serious circumstances. On the spot fines of \$550 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information: www.olgr.nsw.gov.au/liquor_info_young_people_2nd_party.asp

Points to consider:

- ◆ What do you do if an underage guest arrives with alcohol?
- ◆ What do you do if they arrive intoxicated?
- ◆ What do you do if your alcohol has been consumed during the course of the party?
- ◆ How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- ◆ Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- ◆ On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- ◆ Have only one entrance or exit to make it easier to control who attends your party.
- ◆ Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- ◆ Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation.
- ◆ Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).

WELFARE



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- ◆ Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- ◆ Confiscate BYO alcohol from under 18s. Return it to their parents or carers.
- ◆ If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- ◆ Actively serve non-salty food throughout the party. This will slow down alcohol consumption for those who are drinking.
- ◆ Attractive non-alcoholic drinks should always be provided. For example, "Mocktails", non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- ◆ If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- ◆ Be firm about excluding gatecrashers. If admittance is by invitation only, gatecrashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ask them to leave immediately or tell them the police will be called.
- ◆ Parents should be present and provide active supervision throughout the party.
- ◆ If you are planning a large party, it may be a good idea to employ security guards.

Register your party with NSW Police

NSW Police have developed a range of strategies and an online **Party Sign Up form** which must be completed at least 72 hours before your party. Register your party at www.mynite.com.au. This way local Police will know that you are having a party and can offer support. Have emergency numbers handy and call police before the situation gets out of control. Advise neighbours of your party as common courtesy.

Other useful websites to help you plan a successful party and avoid problems:

www.det.nsw.edu.au/media/downloads/languagesupport/alcohol/acs_english.pdf

http://www.police.nsw.gov.au/hot_topics/safe_party

<http://www.youthsafe.org/resources/safer-social/purple-fact-sheet-helping-teenagers-celebrate-safely-detail.html>

This website has current safe partying information, games, and competitions on how to party safely for young people and information for parents

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au



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Newsletter 4

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 provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping 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 a discussion. 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 enables them to consider what they could do differently the next time they are faced with a similar situation.

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15

Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For Young people aged 15-18 years

The safest option is to delay the initiation of drinking for as long as possible.

Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at

<http://www.nhmrc.gov.au/files/nhmrc/file/publications/synopses/ds10-alcohol.pdf>

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au



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Newsletter 5

Young Drivers aged 17-25 years. Why are they at risk?

Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
 - Drink driving
 - Driver fatigue and distraction
 - Not using seat belts

Driver inexperience: Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what's happening on the road.

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website www.rrisk.com.au



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Newsletter 6

Supervising your Learner Driver (L)

Learner drivers under 25

- Must have at least 120 hours of supervised on-road driving experience, including 20 hours at night time;
- One hour of structured driving tuition by a professional driving instructor will count as 3 hours in the Learner Driver Log Book to a maximum of 10 hours counting as 30 log book hours.
- Must hold an L licence for at least 12 months.
- For L and P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker.
- Learner drivers are now allowed to travel up to 90km/h instead of 80km/h.

Tips for Parents

- Safe driving takes time and practice – it is more than just operating a vehicle.
- Plan for a variety of driving experiences (e.g. different road conditions, weather conditions) and vary the time of day.
- Shorter drives can be useful early on.
- Reduce the risk of distraction (e.g. turn off mobile phones)
- Keep instructions short and clear.
- Be positive and acknowledge when your teenager does well rather than criticise.
- At the end of a drive reinforce achievements and discuss areas to work on.
- Real on-road driving experience is more beneficial than 'advanced' or 'defensive' off-road driver training.
- You and your young driver should read the Road Users Handbook (NSW road rules) and understand the licence conditions.
- For helpful information, attend a free 'Helping Learner Drivers Become Safer Drivers Workshop' in your local area. Contact the Roads and Maritime Services (replacing the RTA) on 13 22 13, visit www.rms.nsw.gov.au or visit your local Council's website.

NEW Safer Driver Course for Young Drivers

The Safer Driver Course helps young drivers understand more about speed management, gap selection, hazard awareness, safe following distances as well as preparing them for their Ps. They will receive 20 hours log book credit once they have completed the course.

To attend the course drivers must have a learner's license, be under 25 years old and have completed 50 log book driving hours (not including 3 for 1 structured professional instruction)

The Safer Driver Course costs \$140. It comprises:

1. A 3 hour group discussion module with other learners about managing risks on the road and
2. A 2 hour in-vehicle session with a coach and another learner to learn a range of practical safe driving behaviours. For more information about the Safer Driver Course see www.saferdrivers.nsw.gov.au or call 13 2213 to find out where the closest Course Provider is located. Also see promotion video on you tube.

For more information about the RRISK program and risk taking visit www.rrisk.com.au



Newsletter 7

Supporting Provisional Drivers (P1 & P2)

- A P1 licence must be held for at least 12 months.
- After passing a hazard perception test, drivers progress to the P2 licence for a minimum of 24 months.
- P1 drivers may drive up to 90km/h and for P2 drivers 100km/h
- A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means NO ALCOHOL before driving.
- For P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker. P2 drivers can only talk on a hands-free phone when driving; no text messaging.
- P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (some exemptions apply).
- From 1 August 2014, there are new rules allowing P-plate drivers to drive a wider range of turbo, supercharged or V8 vehicles. This means an extra 6500 vehicle models will be available. Some vehicles are still banned, but these are high performance and risky in the first few years of driving. For more information about the new rules for turbo, supercharged and v8 vehicles, see the Roads and Maritime Services website (www.rms.nsw.gov.au)

Tips for Parents

Remember your teenager is still very new to driving. Continue to encourage safe driving by:

- Ensuring they organise their time so they can stick to posted speed limits and adapt to driving conditions, such as rain.
- Getting them to plan their night before they leave.
- Ensuring they observe their license conditions.
- Slowly increasing the amount of independent night driving – this is a time when young drivers are more likely to crash.
- Gradually allowing them to increase the number of passengers in the car once they have progressed to the P2 stage.

Before your teenager goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas for young people to consider:

- Leave the car at home.
- Catch a bus – check timetables to avoid waiting times at bus stops.
- Catch a taxi: a shared maxi taxi is a cheaper option
- Stay overnight with a friend.
- Arrange to be dropped off and picked up by a parent or other responsible adult.

Also discuss:

- Driving alcohol and drug free.
- Dealing with pressure from friends to drive in an unsafe manner.
- Being a responsible passenger.

For more information about the RRISK program and risk taking visit www.rrisk.com.au



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Newsletter 8

RRISK Seminar 2014

Year 11 students are invited to attend this year's RRISK seminar. 53 high schools from across the North and Mid North Coast will be attending RRISK at the following venues and dates.

RRISK seminar dates

Port Macquarie	Panthers Auditorium	7 November
Coffs Harbour	Southern Cross University	13 and 14 November
Kempsey	Melville High Community Hall	19 November
Lismore	Southern Cross University	24, 25 and 27 November
Tweed Heads:	Twin Town Services Club	4 and 5 December

RRISK (Reduce Risk Increase Student Knowledge) encourages students to:

- Know the facts
- Be aware of the risks
- Make informed decisions
- Plan ahead
- Look after your friends

This is the 16th year that the RRISK Program has been running on the Far North Coast and the 8th year the program has been offered to schools in the Mid North Coast. If your teenager is in year 11, please encourage them to attend.

Free presentation for parents, teachers and anyone who works with young people

Paul Dillon, Director of Drug and Alcohol Research and Training, Australia is keynote speaker at the RRISK Seminars. Paul works with young people in Australia and internationally and is regularly invited by the media to provide expert commentary on alcohol and drug issues. Paul will give a free presentation for adults on the latest evidence and how to communicate effectively with young people about alcohol and other drugs.

Port Macquarie	Panthers Club	6 November	4.00-6.00pm
Coffs Harbour	Southern Cross University	13 November	4.00-6.00pm
Kempsey	Melville High Community Hall	19 November	4.00-6.00pm
Lismore	Southern Cross University	25 November	4.00-6.00pm
Tweed Heads	Civic Centre	4 December	4.00-6.00pm

Look for information about the RRISK Program including the full evaluation reports at our website www.rrisk.com.au

COMMUNITY INFORMATION



Defence Force Recruiting will be hosting two regional information sessions in November at Coffs Harbour.

What: NAVY INFORMATION SESSION

The Navy offers you the chance to be a part of world events that will change your life and the lives of others. We'll train you to make the most of your own natural abilities and to gain world class qualifications in a huge range of exciting jobs.

When: Monday 10th November 2014

Time: 6.00 pm

Where: CEx Coffs Harbour
Vernon Street
COFFS HARBOUR

RSVP: cptnewcastle@dfrc.com.au or call (02) 4974 5427

What: ARMY RESERVE INFORMATION SESSION

The Army Reserve is made up of everyday Aussies who are ready to step up to any challenge if and when the country needs. Reservists help local communities around Australia and abroad, and play an important part in providing the additional officers and soldiers the Australian Army needs.


When: Wednesday 12th November 2014

Time: 6.00 pm

Where: CEx Coffs Harbour
Vernon Street
COFFS HARBOUR

RSVP: cptnewcastle@dfrc.com.au or call (02) 4974 5427

COMMUNITY INFORMATION



JUDO


COFFS HARBOUR PCYC

Learn how to **defend yourself** and **fall safely** while having fun in both recreational and competitive judo. Judo is a martial art and Olympic sport, ideal for males and females. Meaning 'the gentle way' in Japanese, judo has a **strong emphasis on safety**.

Join PCYC - first 2 lessons FREE

Improve:	Build:
• flexibility	• confidence
• balance	• self esteem
• posture	• discipline
• co-ordination	• self control

Classes Tuesday and Thursday school terms
Phone: PCYC on 6651 9961





For our next major project, **Kororo Public School** will be undertaking a rejuvenation project in the Memorial Garden area on the eastern side of the Library. The area will be resurfaced and with added seating, will become a great space for parents to congregate of an afternoon and also a sunny open air space for classes to sit.

The first stage in the beautification of the garden will be **resurfacing the area using personalised pavers**. We would like to invite families past and present to contribute to the garden through the donation of a personalised paver. Parents are able to choose a single or double paver and are able to personalise these with their own script.



Single name pavers

Up to three lines engraved on a 230x115mm coloured paver.



Family name pavers

Up to six lines engraved on a 230x230mm coloured paver.

We invite families and friends of Kororo Public School to be recognised for your contribution to KPS through participation in this great project. If you know of ex Kororo Kids and their families who may be interested in being a part of this project, please pass the information on to them. The order form may be obtain through the school office or on the school website at:- www.kororo-p.schools.nsw.edu.au/

'Live, love, laugh, leave a legacy.'

STEPHEN COVEY



COMMUNITY INFORMATION



Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?



Can you host Airi from Japan?

Age: 16
English: Fair
Interests: Tennis, Playing the piano, skiing and playing the flute

"I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself."



Can you host Rafael from Brazil?

Age: 15
English: Good
Interests: Traveling, photography, trekking, swimming, walking

"I'm very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it."



Can you host Hanna from Germany?

Age: 17
English: Good
Interests: Music, dragon boating, swimming, Zumba and cooking

"I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English."



Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

Can your family host one of the above students? If so, we'd love to hear from you!

For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:

Phone: 1800 023 982 **Email:** aus.hosting@afs.org

Website: www.afs.org.au/host

COMMUNITY INFORMATION



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

Thursday 11 December
5.30 pm – 7.30 pm

ETC Office
80 Grafton Street
Coffs Harbour

www.etcltd.com.au/rms
Phone: 6650 1969
Freecall: 1300 359 968

Help learner drivers become safe drivers.



2014-2015
NSW Family Energy Rebate

\$150*
TOWARDS
ENERGY
BILLS



**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

 Trade & Investment
Resources & Energy



**Apply before
Midnight
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE
PHONE - Service NSW 13 77 88
EMAIL - fer.program@trade.nsw.gov.au
WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

COMMUNITY INFORMATION



supporting school age students on the autism spectrum

Free two day workshop and information sessions
for **parents and carers** of school age children on the autism spectrum

Workshop: 2014NSWPC15

Location: Coffs Harbour

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you learn?

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
 - advocate for your child
 - support your child's participation at school
 - develop an awareness of ongoing learning needs
- Receive information about your local school system's processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

Workshop details

Venue: Australis Sanctuary Resort
250 Pacific Hwy (South), Coffs Harbour NSW 2450

When: **Two day workshop – Wednesday 12 & Thursday 13 November 2014**
Day 1: 9.00 am - 4.30 pm (Registration from 8.15 am)
Day 2: 9.00 am - 3.30 pm

Registration available from Wednesday 1 October 2014 and closes two days prior.

We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet. Return the completed form to:

Email: parentcarer@autismspectrum.org.au

Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Fax: 02 9451 9661

Phone the Positive Partnerships Infoline if you have any enquiries: 1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

peac
Partnerships between
Education and the
Autism Community

Autism Spectrum Australia (Aspect)
Autism SA
Autism Queensland
Flinders University SA
www.positivepartnerships.com.au



Free two day workshop and information sessions for parents and carers of school age students on the autism spectrum

Registration Form

To register please visit www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet.

This form allows you to register to attend the Parent/Carer Workshops and some information sessions
Each person attending must complete their own form even if from the same family.

The locations and dates for each of the Parent/Carer Workshops and Information Sessions were chosen through a collaborative planning process in each state and territory.

For more information, please contact parentcarer@autismspectrum.org.au or call 1300 881 971

The following information will help the Positive Partnerships facilitators best support you during the workshop

Code: 2014NSWPC15 Location: Coffs Harbour Date: Wed 12 & Thurs 13 November 2014

Contact information

Title: Mr Mrs Ms Prof Dr. Other: _____

First Name: _____ Last Name(s): _____

Email 1: _____ (for confirmation and reminders)

Email 2: _____ (for confirmation and reminders)

Mailing address: _____

City/Suburb: _____ State: _____ Postal Code: _____

Phone (day): (____) _____ Phone (home): (____) _____

Mobile Phone: _____

Access to internet: At home At work At home and work

Computer internet skills: Low Moderate High

How many children with a diagnosis of Autism Spectrum do you have / care for:

None One Two Three or more

What type of educational program is your child(ren) receiving?

Mainstream with support Autism specific special class Non autism specific special class

Autism specific special school Special school Other

Diagnosis:

Autistic Disorder Rett's Disorder Childhood Disintegrative Disorder Asperger's Disorder

Pervasive Developmental Disorder NOS Atypical autism Autistic Characteristics No Diagnosis

Other

General information

To help the Positive Partnerships facilitators best support you during the workshop.

Please answer by placing a cross in the appropriate box

1. Are you: Male? Female?

2. Would like to attend the workshop as Parent? Grandparent? Fulltime carer?

3. How did you hear about the workshop?

Media School Autism Organisation Friend Other: _____

4. Have you attended a Positive Partnerships workshop before? Yes No

The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Autism Spectrum Australia (Aspect)
Autism SA
Autism Queensland
Flinders University SA
www.positivepartnerships.com.au



- 5. Have you attended an Early Days workshop before? Yes No
- 6. Are there any additional supports that would assist you at or beyond the workshop?
 - Interpreter required – language: _____ Support accessing online resources
 - Translation of information – language _____ Literacy support Other: _____
- 7. Do you identify with any of the following groups?
 - Aboriginal or Torres Strait Culturally and Linguistically Diverse Communities
 - Regional or Remote Community

Attendance

For catering purposes, please indicate which days you will attend

Attending Day 1: Yes No Attending Day 2: Yes No

Dietary requirements

Please indicate if you have any dietary requirements

- Vegetarian Vegan Gluten free Halal No nuts
- No red meat No dairy products Other: _____

Information sessions

On day two a number of information sessions will be conducted.

To assist the Positive Partnerships Team to plan effectively for day two, please indicate two areas of interest:

Sessions to choose from:

- Completing work Making Friends Communication
- Managing Everyday Transitions Bullying Siblings
- Understanding Behaviour Sexuality, Personal Hygiene & Safety

Preference One: _____ Preference Two: _____

Child Information

Please fill out the required information for each of your children who are on the Autism Spectrum.

Please include age group, school name and school address.

This will be used to prepare the information presented during the workshop.

YOUR REGISTRATION CANNOT BE ACCEPTED UNLESS YOU COMPLETE THIS INFORMATION.

How many children with ASD do you have? _____

<p>Child no. 1 (REQUIRED)</p> <p>Age: (please check <input checked="" type="checkbox"/>)</p> <p><input type="checkbox"/> Under 5 <input type="checkbox"/> 5-8</p> <p><input type="checkbox"/> 9-13 <input type="checkbox"/> 14-18</p> <p>School: _____</p> <p>How many years is it since your child's diagnosis? _____</p> <p><input type="checkbox"/> no formal diagnosis yet</p> <p><input type="checkbox"/> less than two years</p> <p><input type="checkbox"/> more than two years</p>	<p>Child no. 2</p> <p>Age: (please check <input checked="" type="checkbox"/>)</p> <p><input type="checkbox"/> Under 5 <input type="checkbox"/> 5-8</p> <p><input type="checkbox"/> 9-13 <input type="checkbox"/> 14-18</p> <p>School: _____</p> <p>How many years is it since your child's diagnosis? _____</p> <p><input type="checkbox"/> no formal diagnosis yet</p> <p><input type="checkbox"/> less than two years</p> <p><input type="checkbox"/> more than two years</p>	<p>Child no. 3</p> <p>Age: (please check <input checked="" type="checkbox"/>)</p> <p><input type="checkbox"/> Under 5 <input type="checkbox"/> 5-8</p> <p><input type="checkbox"/> 9--13 <input type="checkbox"/> 14-18</p> <p>School: _____</p> <p>How many years is it since your child's diagnosis? _____</p> <p><input type="checkbox"/> no formal diagnosis yet</p> <p><input type="checkbox"/> less than two years</p> <p><input type="checkbox"/> more than two years</p>
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Education Sector

- Department of Education Catholic
- Independent Other _____

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Autism Spectrum Australia (Aspect)
Autism SA
Autism Queensland
Flinders University SA
www.positivepartnerships.com.au

COMMUNITY INFORMATION



Green Army Projects

GREEN ARMY APPLICATIONS NOW OPEN

Applications for joining a Green Army team are open now with 72 positions available on eight projects in the Lismore, Ballina, Byron Bay, Grafton and Coffs Harbour areas.

Online applications can be completed at <http://www.envite.org.au/Green-Army-Application.html>

Information about local Green Army projects and a hard copy application form are attached. This information is also available at www.envite.org.au/Green-Army/.

The Green Army is a voluntary program for 17-24 year olds interested in protecting their local environment. The Green Army allowance ranges from \$10.14 to \$16.45 per hour. You may be a school leaver, gap year student, graduate, Indigenous person, an unemployed job seeker and/or a person with a disability. The Green Army provides young people with skills, training and experience to improve their future career prospects while participating in projects that generate real and lasting benefits for the environment.

Project commencement dates are being finalised. It is expected that projects will start between early November 2014 and early January 2015. Projects will have a two week break over Christmas and New Year. Green Army participants will be involved in a project for 30 hours a week for 23 weeks.

Further rounds of these, and other Green Army projects will be commencing at six monthly intervals over the next two years.

Maree Thompson
Environment Projects Coordinator
EnvITE Environment

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until next time