

★GOLD COAST BULLETIN

TXT4U AWARDS

Congratulations to **Alyssa Mackenzie** of Year 7 for winning "Book Reviewer of the Year" at the recent Gold Coast Bulletin TXT4U awards held at Bond University Thursday 8th November 2012. Alyssa received her award after her many book reviews were published in the Gold Coast Bulletin over the year, in the youth section TXT4U. This is printed every Tuesday and showcases the talents of junior reporters and reviewers on the Gold and Tweed Coast.

As the only Kingscliff High School student involved in this program, Alyssa has reviewed a range of novels, a cookbook and also reported on the Kingscliff triathlon and Currumbin Wildlife Sanctuary Adopt-an-Animal program.

★Maths Online Update

Week 6 and yet another great week in Maths Online Speed Skills.

Izaak Douglas and **Vaughan Togo** continue to hold their places in the world top five in Multiple Disciplines.

Dhante Hakopa also now holds positions in the world top ten.

It's good to see students holding positions in the higher levels – Izaak is in the world top ten in Level 4 in 2 Disciplines. Dhante is world top ten in Level 3 Subtraction and Addition.

It was good to see in Week 7 more and more students logging on to speed skills. Once again **Vaughan Togo** and **Izaak Douglas** have led with world top ten positions this week.

Both students are closing in on Australian and world all time top ten which would be a great achievement.

Asher Storr-LaFranchi also has worked his way into world top ten positions in Level 4 Subtraction.

Well done to all students.

Mr Lloyd – Maths teacher

WEEK 8

Monday 26 November	Day: 6
Yr 10 Work Experience – Week 1	
Tuesday 27 November	Day: 7
Yr 10 Work Experience – Week 1	
Wednesday 28 November	Day: 1
10 Work Experience – Week 1	
Thursday 29 November	Day: 2
Yr 10 Work Experience – Week 1	
Friday 30 November	Day: 3
Yr 10 Work Experience – Week 1	

WEEK 9

Monday 3 December	Day: 4
Yr 10 Work Experience – Week 2	
Yr 6 into 7 Orientation Day	
Tuesday 4 December	Day: 5
Yr 10 Work Experience – Week 2	
Wednesday 5 December	Day: 6
Yr 10 Work Experience – Week 2	
Thursday 6 December	Day: 7
Yr 10 Work Experience – Week 2	
Friday 7 December	Day: 1
Yr 10 Work Experience – Week 2	

WEEK 10 ★

Monday 10 December	Day: 2
Tuesday 11 December★	Day: 3
Yr 10 Academic ceremony – 9.30am	
Yr 9 Academic ceremony – 12.30pm	
Wednesday 12 December ★	Day: 4
Yr 8 Academic ceremony – 9.30am	
Yr 7 Academic ceremony – 12.30pm	
Thursday 13 December	Day: 5
Friday 14 December	Day: 6

WEEK 11

Monday 17 December	Day: 7
Tuesday 18 December	Day: 1
Wednesday 19 December★	Day: 2
★Last day of school for students★	
Thursday 20 December	Day: 0
Friday 21 December	Day: 0

When your teen's new best friend is a bad influence

Best friends are a key part of adolescents' lives. But what do you do when you suspect your child's best buddy is a bad influence? Experts discuss different approaches.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/when-your-teens-new-best-friend-is-a-bad-influence>

★ Outstanding School Fees

We would like to remind those families with outstanding school contributions and elective subject contributions that those amounts need to be paid by the end of the year. Please ring and speak with the Principal and discuss payment if it poses a problem clearing those amounts before the end of the year.

Principal's Column

It is with great sorrow that I write this column. It is always tragic when a young person loses their life, but when it is one of our own it is especially difficult.

Riley Gillespie was in a PE class at the creek in very shallow water doing ball activities. At the very start of the lesson, Riley collapsed on the bank. The teachers commenced emergency care and CPR immediately. He was taken to hospital but unfortunately passed away shortly after. His family were with him.

Riley's polite courteous manner is legendary. He may have only been a Year 10 student but he was a role model of maturity for his classmates. His support of others in all their endeavours and his contributions to extra-curricular activities around the school made him a very popular young man. He will be missed.

The school and community offer our deepest sympathy to Riley's family and friends.

Difficult times like these make us reflect on what is truly important in our lives. Our love for the people we care about is put in clear focus.

Any student who would like counselling as a result of this tragic event can arrange this confidentially through the school counsellors. Students should go to either the library, see a Deputy Principal or the regular school counsellors.

Other services available to students include:
Health Direct Australia 1800 011 511
Kids Helpline 1800 551 800
Beyond Blue 1300 224 636

Congratulations Mrs Ludeke

In 2012 the Schools Spectacular celebrates its 29th year. Over the past 29 years the *Schools Spectacular* has enjoyed the support and creative talents of countless principals, teachers, industry professionals and school and departmental staff who are integral to the success of the show. This year's theme is *Out Time* and it's the Department's time to recognise those people who have helped to make the *Schools Spectacular* the highlight on our annual educational calendar.

In 2012, among the talented people who will be presented with a 20 Years of Service in the *Schools Spectacular Award* is our **Mrs Robyn Ludeke** in recognition of her phenomenal service. Mrs Ludeke is testament to the commitment the behind-the-scenes staff make to the Spectacular and to our student performers who make it the greatest show on earth.

Mrs Ludeke has in fact been a part of this spectacular event for 23 years!

Uniform	Mon	1.30pm – 3.30pm
Shop hours –	Wed & Fri	8.30am – 11.30am

Senior Success Program

Stage 6, or Year 11 and 12, is a very different learning experience for students and for their families. In order to support families in working together to achieve their student's goals in Year 11 and 12, Kingscliff High School intends to run the SENIOR SUCCESS PROGRAM with a dedicated teaching team during 2013, twice per term for Yr 11s and once per term for Yr 12s.

A special launch for those entering year 12 now, will take place on Tuesday 27 November in the Teacher's Common Room (above Library). This program involves each student and their selected support person, a parent; a sister; a brother; an aunt or uncle; a friend or a special teacher or any other special person working together to understand and organise themselves through Yr 12. We hope you can attend this very special evening starting at 7pm. Mr Ella & Team.

*KHS Study Centre

The Kingscliff High School Study Centre is open every Tuesday and Thursday evening from 4.00pm until 6.00pm. The Kingscliff High School Study Centre is **free of charge for all Kingscliff High School students**.

The Study Centre is for all Kingscliff High School students who need help with any aspect of school work, such as: study, homework, exam preparation, help understanding concepts from classwork, assignments, assessment tasks

You do not need to make an appointment. Just bring your books, bring your laptop and bring your questions for the teachers at the Study Centre. You will have a wireless connection to the internet available. Students must wear their Kingscliff High School shirt or pullover and must have their Student Identity Card with them.

The Study Centre will operate under the normal Kingscliff High School behaviour expectations for all students. Students visiting the Study Centre are expected to be Kingscliff STAR students as they demonstrate only Positive Behaviours for Learning. Any inappropriate behaviour will be dealt with by the school under the Kingscliff High School and Department of Education Discipline Policies.

The Kingscliff High School Study Centre is located in the lower level **REEF Room** at the Pottsville Neighbourhood Centre with the easiest access from the Philip Street side.

Students will be asked to sign in and show their Student Identification Card on arrival.

★ KHS SPORTS

National AWD Junior Championships

Congratulations to **Lily** and **Hana Mitchell**. These girls attended the National Junior Championships held in Canberra on the 10th & 11th November.

Results

Lily competed in the U20's age group and finished 3rd in the Long Jump with a distance of 3.70m – a personal best. She was 4th in the 100m and 200m and 4th in the Discus.

Hana competed in the U16's age group and finished 4th in the Long Jump and 4th in the Shot Put.

Congratulations to both girls on their outstanding results and we wish them well in their future athletic pursuits.

CAREERS NEWS

The Kingscliff High School careers department has recently launched its very own Careers website, courtesy of the P&C committee. The website is designed in a way to cater for all needs outside of the school environment. It places all relevant information on the one website and it will save you time navigating around the internet to get what you are searching for.

There is a calendar of events which has dates, information and links to most career planning activities in NSW and QLD. It has all relevant information about the HSC, plus every subject has a link to study information that relates specifically to the syllabus; a valuable study resource. It has a post-school option where students can find any information for university, TAFE and private colleges. Also any job vacancies that are known to me will be posted on the site. There is currently two full time apprenticeships and two school based apprenticeships available. Check the website for more details.

Another important aspect of this site is the For Students section. They will need to create an account to gain access that involve students putting their email address in and create a password. Once they have access, students can use a career interest test to gain information on what type of careers their interests are linked. There is also a resume generator where they can just type in the required info and the site will automatically generate the resume, saving you time and the format will be at industry standard.

You can access this site via the Kingscliff High School website, just click on careers (top right of home page) and click on the link Kingscliff High School careers website. Alternatively you can type in www.kingscliffhighschoolcareers.com

This is a valuable resource that is created to make navigating career opportunities easier for both student and parents. I encourage you to check out this website and make it one of your favourites. Students have been made aware of this resource. One last thing I

encourage you to do is like the Kingscliff High School Careers Facebook page at the bottom right on the KHS Careers website homepage. Then when any important career information that needs to go out will go to your news feed, this will help you to stay up to date with what is happening in regards to careers at Kingscliff High School.



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 RRISK Seminars. Parents also 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.

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

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.

Adolescent brain development and alcohol

The brain is not fully developed until about 25 years of age. Excessive drinking can affect decision making, problem solving, memory, reasoning and concentration.

Permanent brain damage can result in greater risk taking, lack of judgment such as failure to think before acting, impaired visual and spatial skills, learning difficulties and poorer academic outcomes.

Mental health

Drinking at a young age increases the risk of mental health problems such as depression, anxiety, bipolar disorder, attention deficit disorder and increased risk of self harm including suicide, delinquent behaviour and alcohol dependency in later life.

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

Work and study advice

There is a range of school staff who can help your child navigate their way through study and training options. Student support is provided by key people such as careers advisers, transition advisers, year advisers and school counsellors. Find out more:

<http://www.schools.nsw.edu.au/leavingschool/schoolleavage/options/atyourservice.php>

Exploring careers by subject

Help your child to broaden their ideas about work and career paths. Bullseye posters have been designed to help your child assess career and training options based on 33 subjects. Each includes sample career biographies by young people. Find out more:

<http://www.deewr.gov.au/Schooling/CareersandTransitions/CareerDevelopment/Resources/Pages/CareerBullseyeposters.aspx>

COMMUNITY NOTICES

JNKG – GOLF Junior Development Gala Day

Fun and Fundamentals! Graded classes suitable for beginners through to low handicappers. **Thursday 10 January 2013** from 9am to 2.30pm, **Mullumbimby Golf Club**. Cost: \$25.00. For further information contact Gerard Wilkinson 0419 708 676. Numbers are strictly limited.

CUDGEN JRL EXISTING PLAYERS SIGN-ON

Pre-sign on day for all existing 2012 players wanting to play in 2013. **Thursday 6 December** at the club canteen **4.30 – 6.30pm**. Parents please note that registration forms do need to be signed by both parent and player.

YOU + CSU = \$20,000

Entries are now open for Charles Sturt University's 'You + CSU' competition, which gives school leavers a

chance to win \$20,000 towards the cost of study at the University.

All you have to do is upload a video describing what your ultimate CSU experience would be like and you could pocket the \$20,000 and land a role as CSU's Digital Ambassador for 2013.

Entry is open to all Australian school leavers and TAFE graduates from 2010, 2011 or 2012 who intend to begin their first university degree, full-time, on campus at CSU next year.

More details are available at

www.csu.edu.au/experience and entries are open until December 9, so grab your camera or smartphone and start shooting!

Facebook information session

And to hear about the CSU experience straight from the horse's mouth, the University's 'CSU Future Students' page will be hosting a forum on December 20.

School leavers curious about what life on a CSU

campus is really like can log in via

www.facebook.com/csufuture and ask current students about their own experiences.

All the information will remain on the page for others to read in future, so your questions could soon be helping other future students get a feel for the CSU experience too.

But Facebook is just one of the ways you can connect with CSU... you can find us on Twitter (@CharlesSturtUni) and the web (CSU.edu.au) or you can call us on 1800 334 733.



Thank you to local businesses

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

Auto Leaders
Bangarra Dance Theatre
Barnes Built Construction
Big Trev's Water Sports & Tweed Maritime
Chinderah Motors
Connect
Cross Border Electrical Services
Currumbin Wildlife Sanctuary
Essential Energy
Garry Felton Electrical
Genesis Apartments
Hutchinson Builders
Irroof Pty Ltd
Kingscliff Veterinary Clinic
Radio 97
Splendour in the Grass
The Good Guys
Tweed Heads Plumbing TA Laser Plumbing
Watersports Guru