Principal’s message

This week, I want to look at another of our core values – “Stay Safe”. It’s normal for teenagers to want new experiences – although it can be stressful for parents and carers. Teenagers need to explore their own limits and abilities, as well as the boundaries set for them. It’s all part of their path to becoming independent young adults, with their own identities. However, the parts of the teenage brain that handle planning and impulse control don’t completely mature until about age 25. This means teenagers are sometimes more likely than adults to make quick decisions without thinking through the consequences. Knowing that your child will test limits doesn’t make thrill-seeking and risky behaviour any easier to live with but there are some things you can do to help the situation. Talking about behaviour and consequences will help your child learn to work out how much risk is involved in different situations. Be careful it doesn’t come across as a lecture or a ban on the behaviour, because this could encourage your child to rebel. Remind them that the only behaviour they can control is their own and that everything we do has consequences.

The benefits of maintaining good communication with your child cannot be emphasised enough. This will help them understand what’s important to your family and will help them build their self-esteem, develop mutual respect and personal values. Focus on creating a safe environment at home that emphasises open and honest conversation.

eSafety is a 21st Century phenomena and possibly one of the most difficult aspects of keeping children safe. In response to this, SGHS will be hosting an information session on Tuesday 5th June, commencing at 5:30pm sharp in the school library. Rachel Downie, creator of stymie.com.au will be speaking to parents about getting their ‘techno power’ back. This information session will be valuable for parents of both primary and high school aged children and I would encourage everyone to attend.

Diary Dates

Friday 1 June
- ADF – Navy presentation

Sunday 3 June – Tuesday 5 June
- Yr 12 Work Studies excursion to Sydney.

Monday 4 June
- HSC Booster at UNE
- P&C meeting – Library 5.30pm

Tuesday 5 June
- SCHOOL EISTEDDFOD
- HSC Booster at UNE
- STYMIE presentation for parents/carers – Library 5.30pm

Wednesday 6 June
- SCHOOL EISTEDDFOD
- HALF day school athletics carnival

Friday 8 June
- Whole day athletics carnival
- Highland dancing competition

Monday 11 June
- QUEEN'S BIRTHDAY - Public Holiday

Wednesday 13 June
- White Card Construction Course SGHS

Thursday 14 June
- Yrs 11 & 12 Careers - Civil Construction Industry talk - Pd 2

Friday 15 & Saturday 16 June
- Line Dancing Competition
**Whooping Cough (Pertussis)**
There have been 2 reported cases of students from our school diagnosed with Whooping Cough (Pertussis). Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Children who have NOT been immunised or are displaying symptoms should see a GP. If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

**State of Origin Game 2 - Sunday 24th June, ANZ Stadium**
This week students who have met the Positive Behaviour for Learning criteria have been given a note to go into the draw for a place on the excursion. The draw will happen this Friday and successful students will be notified by Monday 4th June.

**The ICAS Mathematics Competition**
Entries are now open for all years 7-10. The competition will be held on Tuesday 14 August. The cost is $9.90 per student payable to the front office. All year 7 Platinum students have been enrolled as part of their fees. Over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually. What an opportunity for SGHS to be involved. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year. ICAS is an independent, skills-based assessment program which recognises and rewards student achievement. More information can be found at: [https://www.eaa.unsw.edu.au/icas/about](https://www.eaa.unsw.edu.au/icas/about)

**White Card Construction Course**
The course will be held at SGHS 13 June. If interested please see Ms McCann in C6 ASAP for an application form.

**TAFE Youth Engagement Studies Program**
What a success the YES program has been! This term each Monday, a group of Year 10 students attend Grafton TAFE, to complete a 9 week course in Nursing, Automotive, Hair and Beauty, Café Skills or Animal Studies. The idea of the program is to raise awareness of courses offered at TAFE, possible career paths and to increase student engagement.

**Australian Defence Force Talk**
On Tuesday representatives from the Australian Defence Force spoke to 54 students from Year 10 to 12 who are interested in the Defence Force as a possible future career. The students were provided with information on how to join the Defence Force including training procedures, requirements and job opportunities. If students would like more information please come and see Ms McCann.

**ATO Presentation**
Last Friday a representative from the Australian Taxation Office spoke to years 9, 11 and 12 mathematics classes about the real life subject of financial maths. The respect given in listening, the high standard of school uniform and the appropriate behaviour were outstanding. I am proud to be a SGHS teacher. Tania O’Connor.

**Rotary Youth Program of Enrichment (RYPEN)**
This is a weekend residential experience for youth aged 14-16 years where participants are involved in a variety of workshops and activities, to personally develop, gain self-confidence, improve communication skills, challenge themselves, build friendships, and develop life skills. “Last weekend, Matthew, Liam, Keanu, Holly, Owen and I represented SGHS at the RYPEN
camp on the NSW-Queensland border. We were welcomed by happy, smiling faces of the Rotary volunteers, also known as the Purple Shirts. There were 75 students from nearby Rotary chapters. Our SGHS group was split up for our activities but we found no trouble making new friends. Activities included an Olympiad, focusing on team building and also an Iron Man challenge with one boy and girl from each team competing passionately. End result was a lot of soaking wet shirts, Vegemite covered faces and hair, and mouthfuls of dry Weetbix.

By this stage, friendships were forming - after all, what better icebreakers are there than allowing your face to be covered in Vegemite, biscuits, water and mud, while taking one for the team? People were offering free hugs, giving us even bigger smiles on our faces and more laughter. On the last day, our smiles started to turn into frowns because we realised that our time together with our RYPEN buddies was coming to an end. We each received a photo folder and shared them around so our new friends could write heart-warming comments in. The tears started rolling down from almost everyone, including the Purple Shirts. Saying goodbye was a sad occasion, but thank goodness for social media! We would like to thank Rotary for sponsoring us to attend the camp, because it was such an unforgettable and heart-warming experience!” by Isabelle Lancaster.

Zoning changes for SGHS
The Dept. of Education has made minor changes to our intake zone. This is important for new students enrolling at SGHS. If you would like to check your eligibility to enrol at our school, please visit the School Finder website https://education.nsw.gov.au/school-finder and type in your address.

We would like to thank this week’s Work Experience Sponsors:
Benny’s Smash Repairs
Reimers Auto and Tyres
Café 1851
Grafton Motor Cycles
Coutts Crossing Preschool
Naeco Blue
Riverside Bargains, Grafton
Grafton Aged Care Home

Biggest Morning Tea.
Thank you to all the staff that supported the Biggest Morning Tea last Friday. We raised $494 towards cancer research.

I Scream for Athletics
I Scream is coming to the SGHS athletics carnival on Friday 8 June in support of 2018 Jacaranda Queen Candidates Ebonee Weavers and Jorga Turner. The girls are kindly donating $1 from every purchase to our Yr 12 formal. Come and buy a cup or cone for only $4!

Canteen Roster
Monday 4 June – Julie-Anne Brett
Tuesday 5 June – Sue Osborne
Wednesday 6 June – Help appreciated
Thursday 7 June – Wendy Rogers
Friday 8 June – Tracey Wood & Rae-Ann Finlay
Monday 11 June – PUBLIC HOLIDAY

Community
Get Your Techno Power Back!

South Grafton High School

Tuesday 5 June, Library
5:30pm for a 6 o’clock start
Light supper and refreshments provided

Let’s Set Some Boundaries
Rachel Downie (racheldownie.com), eSafety speaker, will be presenting important information about your child’s use of technology. Having trouble managing technology? Want to know what they’re really doing? Rachel will give you tips on how to manage kids’ devices and help you to identify potential addiction and device usage issues in your home.

Please note that students are not permitted to this session.

Guarantee your place at Uni.

Keen to start a new career, or perhaps you didn’t finish school, and think Uni is not an option? Think again!

Southern Cross University’s award winning on-campus and online Preparing for Success Program can get you there. This 3 month short course guarantees entry into a range of bachelor degrees and is fully funded by the Australian Federal Government, which means no cost to you.

The program will teach you how to manage your time, write essays, and undertake research – providing you with the skills you need to succeed at university and the confidence to progress towards a new career.

Don’t miss this opportunity as places are limited for our late June intake.

Learn more ourcourses.scu.edu.au or call 1800 626 481

SPEAK UP

Plus enter the draw to WIN 1 of $2000 grocery vouchers

COMMUNITY SURVEY 4 – 17 JUNE 2018
2018 LOCAL HEALTH NEEDS ASSESSMENT
www.ncphn.org.au/speakup

What you tell us today, can improve local health tomorrow… Complete the survey online today - anywhere, anytime.

Open to Northern NSW and Mid North Coast residents 15 years and over. Tell us what YOU think about using your local health services. Your feedback helps organisations to plan and make decisions about future local health solutions.

Discover Engineering South Grafton

A free focus for all high school students interested in learning about engineering as a career choice

Why be an engineer?
What do engineers do?
What is it like to study engineering?
How do you become an engineer?

Discover Engineering provides the opportunity for high school students interested in an exciting career in engineering to hear real life experiences from young engineers across the various engineering disciplines who will share their career path and practical first hand knowledge. University representatives will also be available to answer any course information.

Wednesday 20 June 2018, 9.30am – 9.30pm
South Grafton Senior Citizens Club
2 Abbey Crescent, Beach Location
Enquiries: 6643 4708
This is a FREE event - light refreshments will be served. Registration is essential for catering purposes.

Register online

www.discoverengineering.com.au
Ph: 6643 4708
Email: info@discoverengineering.com.au

SOFTLY, SOFTLY!

A WILDLIFE PHOTOGRAPHIC COMPETITION WITH A DIFFERENCE!
Saturday 9th June & Sunday 10th June 2018

We are inviting both amateurs and professionals with an interest in wildlife, photography, wild places or all three, to join us for two unique days of photography in and around the magnificent world heritage Washpool and Gibraltar Range National Parks.

Entry Fee: $10 per camera

For more information contact Lee on 0448 997 285 or Mann River Caravan & Campsite on 02) 6647 4662 or email hope@mannriver.com.au