



Newsletter

Issue 38
24th November 2016

INSIDE

Diary	2
Parent Portal Logon	2
Wellbeing Builder	2
CLO News	3
Canteen Roster	3
K-6 Awards	3
P&C News	3

Year 12 2016 are Winners

The school has supported a number of members of the Class of 2016 in their attempts to gain early entrance to university. School recommendation schemes enable schools to advise universities which students they feel would be successful tertiary students. Congratulations to the following students who have gained early entrance to Southern Cross University:

- Kate Baker** Preparing for Success at SCU (pre-degree)
- Brandon Bale** Preparing for Success at SCU (pre-degree Bachelor of Arts, Gold Coast)
- Alec Barker** Preparing for Success at SCU (pre-degree Bachelor of Arts, Gold Coast)
- Jack Barwick** Bachelor of Music, Lismore
- Rachel Nealer** Bachelor of Sport and Exercise Science, Lismore
- Josh Potter** Associate Degree of Information Technology, Distance Education
- Billie Trustum** Bachelor of Legal and Justice Studies, Lismore
- Bryce Trustum** Bachelor of Engineering (Honours) in Mechanical Engineering, Lismore
- Melissa Turner** Bachelor of Nursing, Lismore
- Jack Watson** Preparing for Success at SCU (pre-degree Bachelor of Social Science, Lismore)
- Peter Weekes** Bachelor of Engineering (Honours) in Mechanical Engineering, Lismore
- Karri Williams** Bachelor of Aboriginal Health and Wellbeing, Lismore
- Mary Wilson** Bachelor of Indigenous Knowledge, Lismore

Kelly Wilson has gained a Principal's Recommendation Scholarship to the University of Southern Queensland. Kelly's scholarship is valued at \$12,000. An outstanding result, congratulations Kelly!

Host an Italian Student?

Our sister school in Italy has three students who would like to come and live with us for 3 months next year. This is separate to our regular exchange arrangement. The stay is scheduled from mid-June to mid-September 2017. Each is a 17 year old girl seeking to live with an Evans River family, attend school with us, learn more of Australian life and become better English (Australian!) speakers. Our Italian Exchange coordinator in Italy said of two of the girls: 'Sophia P is a widely travelled girl and easy to get on with. She is patient with younger children having been a scout leader here in Padua. Sophia B is a delightful girl who is academically very strong. "She is clever, polite, easy to get on with, well-travelled and has a beautiful personality". Mahder takes a very positive outlook on life; she is also well travelled. "She is happy, outgoing and loves life. Mahder is of Ethiopian origin having been adopted by an Italian family at age 7. She has been well raised and



Diary

Week 8 Term 4 - Week A

Nov 28-Dec 7	Intensive Swimming	Years 2-6
Nov 28	School Council Meeting	6pm
Nov 29-30	Year 10 "Fearless" Leaders Training	
Nov 29	CHS Cricket - Boys	Grafton
Nov 30	Dirrawong Awards Night	
Dec 1-2	QLD UNI Excursion	Seniors

Week 9 Term 4 - Week B

Dec 6	Year 7 2017 Orientation Day Year 10 "Fearless" Leaders Training	9am - 3:30pm
Dec 7	Year 6 Activities Day 7-12 Social 'Retro theme'	9am-3pm 6:30-9pm
Dec 8	Junior Captains Speeches CAPA Performance Night	9:30am Time TBC
Dec 9	K-12 Merit Assembly & First in Subject Awards 2016	

Coming Events

Dec 12	K-12 Presentation Assembly	11:30-1:15pm
Dec 13	K-6 Platinum Award Excursion Year 6 Graduation Dinner	
Dec 14	7-12 Platinum & SRC Excursion	Proposed
Dec 15 /16	7-10 End of Year Activities	
Dec 15	K-6 "Big Day In"	
Dec 16	Last Day Term 4	For Students
Dec 19/20	School Development Days	Staff Only

possesses and warm and generous nature." Families who have hosted in the past have spoken highly of the experience – not only for their child, but for the whole family. If you are able to host an exchange period for some or, all of the visit, please email or phone the school office letting us know.

Rob Walker – Principal

CONGRATULATIONS, Ella!



Every now and then, one of our young students manages to do exceptional things. This has recently happened for one of our talented Year 8 students, Miss Ella Gillespie - who has been approached by AIME (Australian Indigenous Mentoring Experience) to supply artwork for 2017.

This will hopefully be the beginning of a wonderful career in Indigenous Art, Ella. Congratulations, and all the best in the year to come!



Parent Portal Logon

The Link to the Evans River K-12 School Sentral Parent Portal Logon is as follows:

<http://web3.evansriver-c.schools.nsw.edu.au/portal/login>

Wellbeing Builder:

Emotional Traps

Effectively Wellbeing Element:
Strengths & Emotions

Character Strength: Fairness

Wellbeing Fitness Challenges:

Years 7-9 – Strengths Spotting

Years 10-12 – Bright & Light

When we look at issues, our thinking is influenced by two competing minds. Our

- conscious rational mind, which our good decision making centre, the prefrontal cortex, is in charge of. This mind is responsible for executive heavy lifting thinking.
- unconscious emotional mind, which is our natural response centre, the amygdala, is in charge of. This mind is responsible for automatic thinking influenced by the emotions we are feeling at the time.

When our emotional mind hijacks our rational mind and takes over the way we are thinking, there are traps our thought processes may fall into. For students, add the turbulence of the adolescent brain and the incomplete hard wiring of their prefrontal cortex, the tendency to fall into these emotional traps increases significantly.

To cultivate growth mindsets in students to recognise and overcome this, we need to

- initiate discussions about positive, negative, mixed and hidden emotions and their intensity
- help them create their own positive coping and self-calming strategies to reduce emotional intensity
- introduce them to some common thinking traps to be mindful of
- understand how to use assertive and positive self-talk to combat possible hijacking

Doing this often in everyday conversations will build their social-emotional resilience and wellbeing fitness.

"Nothing in life is to be feared. It is only to be understood." Marie Curie





Dirrawong Awards Night.

Evans River school community are welcome to come along to our annual Dirrawong Awards Night. It shall be a fantastic celebration of Evans River students achievements.



Evans River 7 - 12 timetable change - Parents/carers will have noticed that with the new academic rollover there has been a timetable change. The school assembly is now held on a Monday, with students finishing school at 3:05 pm. Fridays are now a six period day and students shall finish at 3:30 pm.

Italian Exchange Students

As our school community is aware we recently hosted students from Instituto Pietro Scalcerle. Our Italian visitors had an amazing experience at Evans River school. On their return to Italy, word spread quickly of our wonderful school community and our little bit of paradise. So much so we have three very keen Italian students who would like to come to Evans River for a 3 month stay.

We need your help to make this happen, any family who could assist with billeting a student for either some or all of the duration would be greatly appreciated. Please contact myself or the school for further information, many thanks.

Evans River P&C Xmas raffle has begun, great prizes on offer with funds raised going towards cooling our classrooms!

Q&A Morning shall be held Monday 28th November 16 at 9:00 am

Around the school

Kristen Gillespie CLO



Evans River School was recently successful in securing an Eco Grant for \$3500.00.

The project, titled Bandjalang Nature Trail and Bush Tucker Garden shall commence next February in the grounds located at the back of the school.

This is going to be a major project for our school and the end result will be an incredible cultural, outdoor learning area for our students, our school community as well as local tourists. Chris Gulapits paid the school a visit this week to acknowledge the school's achievement and meet the Green and Jade Team members who shall play an integral part in the project.



Mr Gillespie's STEP students are hard at work on the Ag farm. Students are part of the Start Thinking Environmental Produce program and have been selling flowers, fruit and veg as part of their subject.

Students have stepped up to the challenge and enjoying their outdoor learning environment.



Canteen Roster - Week A

Monday	28 Nov	Laurie Wood
Tuesday	29 Nov	Help Needed
Wednesday	30 Nov	Help Needed
Thursday	01 Dec	Von Pickens
Friday	02 Dec	Help Needed

K-6 AWARDS Term 4 Week 6

Kinder	Cooper Vidler	Phoebe Fuller	Amarhnie Marks	Lily Halliday
Year 1	Honey Hodder-Bell	Riley Arnison	Savannah Semple	Natayla Brundson
Year 2/3V	Lotus Barratt	Shae Fuller	Halle Mayes	Millie Mackney
Year 2/3W	Ivy Hamilton	Kylan Chappman	Willy Harris	Caleb Samuels
Year 4	Aidan Arnison	Hilly Williamson	Iris Hobbins	Lily Pollack
Year 5	Shenoah McKenna	Jack Whittaker	Lilli Butler-Mann	Ryan Wynne-Newman
Year 6	Rose Evans	Cody O'Brien		
Dirrawong Awards	Holly Perkins, Skye Geoghegan, Zack Harvey- Roche, Shae Fuller			

REMINDERS JUNIOR TOUCH FOOTBALL 2016

- ❖ Players need to sign on by 4:45pm
- ❖ Games conclude at 5:45pm (in preparation for the senior comp)
- ❖ Junior players must be collected by a parent or carer at 5:45pm
- ❖ No supervision for juniors after the conclusion of games.



Supported Playgroup

10am to 12pm



Bring a hat and a piece of fruit to share!

Toddlers *Move & Groove*

MONDAYS: 0-3 years
Scout Hall 22 Mangrove St
Evans Head NSW 2473

Snappers

TUESDAYS: 0-5 years
Scout Hall 22 Mangrove St
Evans Head NSW 2473

For Indigenous families *GNIBI*

WEDNESDAYS: 0-5 years
Box Ridge Community Centre or
CWA Coraki Preschool

ALL FREE!

Walk and Talk Group
Thursdays: 9:30am

Meet at Scout Hall 22 Mangrove Street Evans Head
join us for a walk out to Sharks Bay

All Parents with bubs in prams or strollers welcome

Must RSVP before 9:30am: 0434 674 232

Our Supported Playgroups are an initiative of



The Mid Richmond Neighbourhood Centre
Shop 5/6 Oak Street Evans Head NSW 2473
Phone: (02) 6682 4334 | Email: admin@mrmc.com.au

"MOVIE UNDER THE STARS"

Oddball

RATED G



SATURDAY 26TH NOVEMBER
BROADWATER SCHOOL OVAL

BBQ DINNER AVAILABLE FROM 6:30PM
POPCORN, DRINKS & SWEETS STALL

MOVIE STARTS 7:30PM

\$20 FAMILY PASS - AVAILABLE ON THE NIGHT.

ENQUIRIES - SCHOOL OFFICE 66828226

Proudly Sponsored by:

Sunshine Sugar



Principal: Rob Walker B.Ed., M.Ed.
Email: evansriver-c.school@det.nsw.edu.au
Website: www.evansriver.nsw.edu.au

Cypress Street, Evans Head NSW 2473
Phone: 02-6682 6666
Fax: 02-6682 6777



\$10 FEEDS AVAILABLE

FUNCTIONS | ENTERTAINMENT
COURTESY-BUS | SPECIAL EVENTS
FAMILY FRIENDLY ATMOSPHERE
phone 6682 4222 | www.hotelillawong.com.au



Pam Bellingham
School of Dance

ANNUAL CONCERT

featuring

"The Wizard of Oz"

WOODBURN MEMORIAL HALL

Saturday, 26th November at 7.00 p.m.
Monday, 28th November at 1.00 p.m.

Admission: Adults \$7 Pensioners \$5
Children \$3 Family \$15

Proceeds to Woodburn Memorial Hall

P&C News

Our next meetings will be held on Monday 21st
November at 4:30pm in the library. Please come
along and share your ideas. PLEASE NOTE there
is no longer a morning P&C meeting.