



# Newsletter

Issue 5  
2 March 2023

## INSIDE

Diary	2
PSSA Zone Swimming Results	2
Mountain Biking	2
CHS Zone Swimming Results	2
Visual Design / Photography	2
NCAS Golf	3
7 Tech Designs	3
CHS North Coast Football Trials	3
Can You Help?	3
P&C News	3
K-6 Merit Awards	3
Careers Corner - Know Your Rights	3
Community Advertising	4
Uniform Shop	4

## Sunny crowned Queensland Champion

Sunny McLean (Year 9) took up boxing 4-5 years ago. He became involved because he wanted to use his time in a positive way. On Saturday night Sunny fought for the Australian Boxing Council's Junior Lightweight Queensland title. He defeated his opponent, who elected not to return for the second round of the bout. Sunny has been involved in matches for just one year. He has had six bouts and won five of them. He said he learnt a great deal from the one defeat – training harder, the feeling of disappointment in myself, the feeling of loss – something I don't want to experience again. It made me want to dig deeper to prove to myself and others that I had more.



Sunny has said boxing has given him a lot that he never thought it would. "It's given me discipline. A lot of discipline. It's given me confidence. The days that I don't want to do things I still push through and do things. For example, I might feel like a sleep in but I get up to get the things done that need to get done. With my new confidence I feel like I can have a conversation with someone a lot easier than I was able to. I'm more confident in myself. The things that I have done now I would have never really tried in the past...but it slowly came."



Sunny trains at Maddog Boxing at Meerschaum Vale three times a week. He said he has learnt the importance of staying with a task even though initially you may not like it, or it's tough. Sunny thinks his next fight will be in around a month's time. Congratulations on your title win Sunny and the maturity you are growing as a young man.

## IMPORTANT NOTE

Please be reminded that students are **NOT** to arrive at school before **8:30am** as there is **NO SUPERVISION prior to this time.**



## P&C Supporting Student Learning

Our P&C are a dedicated group of parents doing what they can to support students of our school. Apart from a range of services – canteen, pastoral care worker, uniform, and lockers, the P&C also raise funds to purchase items identified by the staff which would improve student learning outcomes and safety beyond what is possible by state funding. At the P&C meeting on 20/3/23, the P&C allocated \$28,927.30 to the purchase of items. These include microscopes, a microscope camera, shade shelters, iPads, an iPad charging station, a topobox (used in Geography for studying topography), and some stand up paddle boards. Being involved in P&C is a great way to communicate to your child that school is important. It is also a practical way of enhancing our students' learning experiences. Thanks to our P&C members for their support in this way. **Rob Walker - Principal**





## Diary

### Week 7 Term 1, 2023 (Week B)

6 March	Rugby Union Trials (GU18, BU16 & BU18)	Coffs Harbour
	Stride Education	Yr 6-7
7 March	CHS North Coast Golf Trials	Yamba
	HOTA Art Excursion to Gold Coast	Yr 9-12 Art
	Assault & Harassment	Yr 8
8 March	NCPSSA Tennis Trials	Grafton
	Primary Soccer Gala Day	Casino
9 March	NCPSSA Basketball Trials	Coffs Harbour
	Inclusive Sport Come & Try Athletics	Coffs Harbour
	CHS Rugby League NR v FNC	
	CHS Water Polo	Alstonville
10 March	NRPSA AFL Trials	Lismore
	Yr 7-12 Assembly	

### Week 8 Term 1, 2023 (Week A)

13 March	North Coast CHS Regional Swimming	Alstonville
	Stage 6 (Yr 11-12) Parent / Teacher	5:00-6:30pm
14 March	NCPSSA Regional Swimming Carnival	Alstonville
15-27 March	NAPLAN (Yr 3, 5, 7 & 9)	
17 March	K-6 Assembly	9:20am-10:10am

## PSSA Zone Swimming Results

Congratulations to our Primary students who competed at the PSSA Zone Swimming Carnival yesterday at Alstonville. The following students have qualified to represent the Zone at the Regional Swimming Carnival:

- Harvey Bruin: 1st in 9yr boys 50m freestyle, 2nd in junior breaststroke, 3rd in the junior backstroke and 3rd in the junior boys 200 IM.
- Alyvia Hudson: 2nd in 11yr girls backstroke and 4th in 11yr girls 50m freestyle.
- Joey Spencer: 3rd in 8yr old boys 50m freestyle.
- Sage: 4th in junior girls 50m breaststroke.
- Reid Coughran: 1st in junior AWD events for 50m freestyle, breaststroke and butterfly.
- Harvey Bruin, Reid Coughran, Paxton Bailey & Joey Spencer: 3rd in junior boys relay.
- Ellise Fuller, Summer Fields, Mara Davie and Sage: 3rd in junior girls relay.

We wish all these competitors the best of luck at Regionals!



## Mountain Biking

Jaiden Cooper competed in the first round of the School Mountain Biking series in Kempsey on 17th February. He came 4th in the XCO and 2nd in the Enduro. Well done Jaiden!



## CHS Zone Swimming Results

On Tuesday at the CHS Northern Rivers Zone Swimming Championships, Evans River K-12 was successfully represented by an enthusiastic and talented group of young people including:

Yr 7: Ruby Biffin, Charlie Comerford, Paige Dalby, Phoebe Fuller, Sophia Hudson, Jonah and Kamahla Wilkins.

Yr 8: Jaiden Cooper

Yr 9: Shae Fuller

Yr 10: Abbie Yourell

Yr 11: Aidan Arnison & Iris Hobbins

Results were outstanding and a number of students have made it through to represent at CHS North Coast Regional Swimming Championships. We wish the following students the best of luck on 13th March - Ruby Biffin, Charlie Comerford, Paige Dalby, Phoebe Fuller, Sophia Hudson, Jonah, Jaiden Cooper, Shae Fuller, Abbie Yourell, Aidan Arnison, Iris Hobbins and McKinley Arnison



## Visual Design / Photography

The Senior Visual Design / Photography class have been working amazingly well this term learning new digital drawing skills on the iPad app Procreate. The assignment was to design your dream music festival and create the poster to advertise the event.

Well done to the very clever students!







## Help Needed Wednesdays or Thursdays

Our Breakfast Club is still in need of helpers on Wednesdays and Thursdays 8:20am-9:20am. We have all the food being donated - we just need someone to turn the bread into toast and put the vegemite on!

Thanks to Deb McPhie, Erika Reynolds and Kathryn Thomson who are volunteering on the other days each week at Breakfast Club.

If you would like to offer a hand, please contact the Office on 6682 6666. We promise, being the one that feeds many hungry, grateful mouths will be the best start to your day!

## NCAS Golf

Congratulations to Willy Harris for being selected in the North Coast Academy of Sport Golf Squad.



## 7 Tech Designs

Students in 7 Tech 4 are working on designing an egg carton to promote the sale of eggs. There are a number of steps involved and so far the design diagrams and prototypes are very impressive.

We are eagerly anticipating the finished product at the end of next week.



## North Coast Football Trials

Congratulations to Kobi Anderson and Darren Stewart for their selection in the Northern Rivers Zone Open Boys Football Team. Next Monday The boys will travel down to Coffs Harbour to represent our zone and play for selection to advance to the next level of competition.



## P&C News

Did you know that you can become a member of the P&C at anytime. Pop into the school office and fill out a very brief form and pay \$2. New members are always welcome.

Email: [secretary@evansriverpc.org](mailto:secretary@evansriverpc.org)

## K-6 AWARDS Term 1, Week 5

Kindy Jumigum	Lizzie Weekes	Noel Griffen	Evie Scells	Hugo Asbey-Palmer
Kindy Woogooloom	Hunter Atta-Singh	Broxtyn Martin	Zadrach Kaloris	Jordan Strong
1 Jenna Jenna	Billy McQuilty	Cora Davie	Mason Botham	Eleanor Thorn
2 Gweeuhn	Julian Cooksey	Lucas Harvey-Williams	Huxley Levitt	Delilah Parker
2/3 Jingir Jingir	Julian Hay	Annaya King	Maya Lane	Harvey Bruin
3/4 Guhgun	Ivy Lenard Reid Coughran	Isaac Bunyan	Makai Oldfield	Olivia Parker
4/5 Gunum	Zoe Ison	Luana Mackinnon	Ruben Smith	Fletcher Hay
5/6 Goojoohn Jellum	Isabella Wagner	William Warren-Crouch	Abby Dunne	Riley Webber
5/6 Dirruwung	Rubyn Marks	Jake Gow	Chelsea McKee	Quinnifer Barber
Special Awards for Volunteering	Ayla Gill, Cedar O'Reilly, Isabella Wagner, Lara Paschke, Elke Blore-Jones, Peyton Gordon, Jayda Lane, Heidi McLeod & Carlé Smith			

## Know Your Workplace Rights

Many students have part-time jobs which help develop important workplace skills. As we move into the summer school holidays more opportunities become available for employment. It is important for young people to understand their rights when beginning employment.



There are number of helpful and informative links and videos on our career website that have been put together by Fair Work Australia, the Fair Work Ombudsman and The Industrial Relations. These can be found by clicking [here](#).

Chris Hayward, Careers Adviser on 6682 6666.

[www.evansriverk12careers.com](http://www.evansriverk12careers.com)



## Flood Relief Program

### Supporting flood affected families in NSW

The Younger Heroes (TYH), with the financial support of the NSW State Government, will be running 3 programs to support flood affected families, focusing on individual and collective resilience and trauma recovery follow on from natural disasters. We are inviting you to register your interest for attendance via The Younger Heroes website (or by scanning the QR code below).

Each of the 3 programs will cater for 10 families (parents and children) from each local government area and is suitable for individuals who have been on the front line supporting the recovery efforts and/or individuals who have been directly involved/impacted by the floods.

The Younger Heroes Team will consist of facilitators, support staff and health professionals with extensive experience in supporting individuals and families, through delivering high quality, experiential and interactive/fun programs.

**Building Family Resilience - Realising Inner Strength - Sharing Valuable Time**



**Richmond Valley LGA**  
24th-26th March

**Byron Bay LGA**  
27th-29th March

**Lismore LGA**  
30th March - 1st April

These programs will be conducted in an outdoors/nature based environment, whilst minimising technology interruptions and unnecessary distractions. All accommodation and meals are provided.

To register your interest in attending scan the QR code or head to our website, [www.theyoungerheroes.org/flood-relief-program](http://www.theyoungerheroes.org/flood-relief-program)



## BODY CONFIDENT CHILDREN & TEENS WEBINAR

**TUESDAY 21<sup>ST</sup> MARCH 2023**

**7:00PM - 8:15PM**

**VIA ZOOM - Time-limited recording available**



**AUDIENCE**  
Parents &  
Community



**SESSION LENGTH**  
1hr 15mins



**COST**  
\$15

**BOOK NOW**

**Contact:**

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

T: 02 8456 3978

[www.butterfly.org.au](http://www.butterfly.org.au)

**SUPPORTING BODY CONFIDENCE AND  
HEALTHY RELATIONSHIPS WITH FOOD AND  
EXERCISE IN YOUNG PEOPLE**



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention

### TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA



## FREE COUNSELLING

and emotional support for individuals, couples, and families dealing with grief, loss, and trauma from the floods.

If you are struggling and would like someone to talk to, please reach out to Interrelate on 1300 473 528 to arrange an appointment over the phone.



Alternatively, you can scan the QR code to book an appointment with our Client Experience team.

[www.interrelate.org.au](http://www.interrelate.org.au)



Most permission notes are going home via the School Stream App so make sure you have downloaded it and have notifications switched on.

### Parent Portal Login

<https://evansriver-c.sentral.com.au/portal/login>

### Breakfast at the Canteen

8:30-8:50am, everyday;

Toast & fruit

Sponsored by the P&C, IGA & MRNC Food Bank

## WOODBURN WOLVES FC

# REGISTER ONLINE NOW

**PLAYFOOTBALL.COM.AU**  
FIND US ON FACEBOOK

### Uniform Store 2023

**Fridays 8:30-9:30am**  
**Performance Hall**  
**Eftpos Available**



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