



# Newsletter

Issue 6  
9 March 2023

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## Helping Students Get The Best Out Of School

Last week's newsletter spoke of some of the ways in which parents who are P&C members support the development of student learning outcomes and safety at school. This week the focus is on the ways in which all parents can help with preparation for the next day of school.

Talk to your child about school in different life moments leaving them with the understanding you believe school is something important in their life.

Support your child to develop a routine where they prepare for the next day the evening before.

They think about what they have coming up the next day and mentally prepare for it. This will vary according to the age of the student, but for high school students they should be reviewing their timetable for the next day.

They check they have each of the items of their uniform ready including, for K-6 students, their school hat, their pencil case (with the school's listed inclusions) in their bag and pack any books they will need.

In high school years, if they have PE, Sport or PASS, they pack their school sports shirt. In years 7 to 10, they put their laptop on charge overnight and remember to pack it in the morning.

It's important for students to commence work on homework tasks (or assessment tasks) the afternoon or evening they are received, or the next day at latest. Initially this means reading the task and breaking down what they are required to do. It's a simple first step that gets them thinking about the task with maximum timeframe before it's due. It avoids stress in the home where a student leaves getting tasks to be done till the night before they are due. Students are encouraged to submit draft work for the teacher to review before submission of their final effort.

Personal organisation skills are an important life skill. Parents can help a student learn these routines by supporting a student step through the tasks of preparing – not doing it for them.

Adequate sleep, a good diet, drinking plenty of water, engaging in exercise and quality family conversation are all important steps in setting up a student for successful schooling. Limiting the use of screen based activities, avoiding the use of social media until they reach at least 13 years of age, and providing boundaries for young people show them that you care about their wellbeing.

## Italian Exchange 2023-24

Students of Years 8 and 9 2023 are invited to participate in the Italian Exchange. The exchange involves hosting a student from Istituto Pietro Scalcerle a school in the city of Padova in Northern Italy (about 40 mins from

### 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.



## Diary

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

13 March	North Coast CHS Regional Swimming Stage 6 (Yr 11-12) Parent / Teacher Meeting	Alstonville 5:00-6:30pm 6:30pm-8:00pm
14 March	Yr 9 Julian Rocks Snorkelling Trip NCPSSA Regional Swimming Carnival	Alstonville
14-16 March	Yr 10 Waratah Trip to Clarence Gorge	
15-27 March	NAPLAN (Yr 3, 5, 7 & 9)	
17 March	K-6 Assembly	9:20am-10:10am

### Week 9 Term 1, 2023 (Week B)

15-27 March	NAPLAN (Yr 3, 5, 7 & 9)	
20 March	P&C Meeting - AGM	6:00pm-7:30pm
<b>22-24 March</b>	<b>Year 8 Camp Cancelled</b>	
23 March	Yr 10-12 Julian Rocks Snorkelling Trip	
24 March	World's Greatest Shave SRC Fundraiser Yr 7-12	

Venice). The hosting experience is 30 August - 12 September 2023. This means the Italian student lives at home with our student and participates in school activities each school day. In April next year, our students travel to Italy and participates in school activities at school in Italy. Many of our families have participated in this experience and report it to be a life changing experience for their child and family in a highly positive way. Parents and students are invited to an information session in the school library on Monday 13 March, commencing 6:30pm.

### Rob Walker - Principal

### 3/4 Rugby Gala Day

What a fun day the Year 3/4 Rugby Gala Day was last week! Excellent sportsmanship was shown as well as some up and coming talents from our boys and girls. Thank you to Mr Cleaver, Mick and Jen for their organisation.



### CHS Softball

Last week, Hayden Grove (Year 8) participated in the NSW CHS Softball Titles. In Day 1 of the Titles, the North Coast Team won 15/9 against Western (on the Olympic Diamond) and went down to Sydney West, Riverina and South Coast.

There was some gutsy batting against extremely fast pitchers (110km/h+) and some amazing efforts with outstanding catches in the field too!

Well done Hayden!



### Lunch Time Circus Skills

Students in K-6 have been enjoying circus skills at lunch time with Mrs Mackinnon.



### Waratah Clean Up Australia Day

The Year 8 students who participated in the Clean Up Australia Day activity on Friday 3 March should all give themselves a pat on the back. Despite the wet weather, the students collected a large amount of rubbish from the bush areas. This will help them progress through their Volunteering and Environmental Awareness strands of the Waratah Award. It was a pleasure to spend a few hours with these future leaders.



### CHS Soccer

Congratulations to Kobi Anderson and Darren Stewart who represented the Northern Rivers Zone Soccer team at Coffs Harbour this week.



## CHS Basketball

The Open Boys and Girls basketball teams enjoyed playing The Rivers and Casino at Lismore Stadium last week.



## HOTA

On Tuesday, Stage 5 and 6 Visual Arts and Visual Design students had the opportunity to travel to the Gold Coast to visit HOTA Gallery. Students were lucky to view the Pop Masters exhibition, which is currently on loan to HOTA from a private collector who is based in New York City. Evans River students represented the school exceptionally well and behaved wonderfully. Thank you so much to the students for your enthusiasm and manners.



**WORLDS GREATEST SHAVE**

Evans River are participating in the Worlds Greatest Shave!

**Friday 24th March Week 9**

Mr Gillespie and Mr Swanbury will be shaving their heads for a good cause

If we can raise \$300, Mr G will rock a skulllet. Give generously!!!

We will also be having a mufti day so wear blue and orange and bring a gold coin.

**Yr 7-12**



## Girl's Basketball

'Girls can do anything!' A Basketball clinic for girls was offered to our school to encourage more young females to play the sport.

Basketball competitions run in both Lismore and Ballina for girls and boys of all ages, if you are interested in playing. Please register your interest with Ballina Basketball Association or Lismore Basketball Association.



## Menstrual Hygiene Program

The NSW Department of Education has introduced a menstrual hygiene program in NSW public schools. This program aims to reduce any barriers that may prevent students from participating fully in school life.

As part of the program, our school has dispensers that provide free pads and tampons for students to access during school hours.

### Period underwear is also available

Our school can also order period underwear at no cost for students. Students can access this product by emailing the school:

[evansriver-c.school@det.nsw.edu.au](mailto:evansriver-c.school@det.nsw.edu.au)

Each pack of period undies contains 2 pairs that are the same size, colour and style.

Visit [edu.nsw.link/MHP](http://edu.nsw.link/MHP) to find more information and to download a flyer about the program which is available in English and 10 other languages.

**P&C AGM**

Our **AGM is Monday March 20th** at 6:00pm in the School Library. All welcome. We are accepting new members (\$2). Nominations now being accepted for 2023 roles.

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



## K-6 AWARDS Term 1, Week 6

<b>Kindy Jumigum</b>	Bailey Wornes	Phoenix DeHoon	Harry Parker	Pania Hayman
<b>Kindy Woogooloom</b>	Fern Aird	Lacey McLeod	Toa Oldfield	Aria Wells
<b>1 Jenna Jenna</b>	Jahlila Bower	Valentino James	Phoebe Kearin	William Wagner
<b>2 Gweeuhn</b>	Alaya Thorn	Lente Smith	Ariana McKenna	Asher Thomson
<b>2/3 Jingir Jingir</b>	Kolby George	Summer Fields	Lockie Warren-Crouch	Bodhi Flaherty
<b>3/4 Guhgun</b>	Ava Mumford	Jadon King	Violet Knight	Sophia O'Connell
<b>4/5 Gunum</b>	Sage Thomson	Kash Levett	Archer Craggs	Arayah Wilson
<b>5/6 Goojoohn Jellum</b>	Yahburri Wilson	Mackenzie McDonald	Tyson Newton	Charlie Tregidgo
<b>5/6 Dirruwung</b>	Carlé Smith	Elke Blore-Jones	Ryder Lodge	Ella Barton
<b>Dirrawong Playground Awards</b>	Tex Cassidy, Noah Farlow & Kyeema Morante			

### Police Force

Many students have an interest in gaining employment with the Police Force.

Any student interested in applying to the Police Force is encouraged to speak to Mr Hayward first to get a good insight into the application process.

More information about the Police Forces including both the [Federal Police](#) and the various state police ( [NSW](#) and [Queensland](#) ) is available on our website.

Chris Hayward, Careers Adviser on 6682 6666.  
[www.evansriverk12careers.com](http://www.evansriverk12careers.com)



### ANZAC Day Woodburn Tuesday 25th April 2023

Meet at Woodburn Post Office  
at 9:45am  
Pam: 0414 953 879



### Parent Portal Login

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

### Uniform Store 2023

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

### Breakfast at the Canteen

8:30-8:50am, everyday;  
Toast & fruit

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

## OurSPACE Flood Support Program

Specialist outreach trauma therapeutic support to those children and families affected by the floods in Northern NSW

OurSPACE provides specialist outreach therapeutic trauma support to all children and young people who have been impacted by the devastation of the flooding in Northern NSW (Richmond Valley, Clarence Valley, Kyogle, Lismore, Tweed, Ballina, Byron LGA's).



Our aim is to support the children and the relationships around them so they can heal from the traumatic impact of the flooding.



We value the network of important people supporting the child or young person, such as their case worker, their teacher and others. We work collaboratively to build the knowledge and confidence of this helping team to plan and respond to the ongoing needs of the child or young person.



We provide specialist support to children, young people and their carers in order to help children begin to heal from the trauma they may have experienced.



We provide a mix of in person support and counselling, as well as phone and video calls to flexibility meet the needs of children, young people and their carers.



We draw from different trauma sensitive therapies to match the healing needs of each child or young person referred to our service.



We have Aboriginal and Torres Strait Islander therapists on our team to help support the needs in a culturally strong and trauma informed way.



To support a sense of connection and safety, our therapists can continue to see children and young people even when they need to move to different areas, so long as this is in NSW.



We have created special culturally safe therapeutic resources and tools which we use to make sure that the cultural needs of children and young people are integrated into their counselling and support.



We support parents in building their understanding of complex trauma, as well as their confidence in responding to the trauma-based needs of the child or young person they are caring for.

For referrals or general enquiries please call 1300 381 581 or email [intake@our-space@childhood.org.au](mailto: intake@our-space@childhood.org.au)



Communities & Justice



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

## schoolstream

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

## MUSIC LESSONS

Evans Head



Learn to understand, play and connect with music through passion, technique and performance.

- Voice
- Guitar
- Piano
- Ukulele
- Songwriting
- Music Mentorship

### WHAT EXPERIENCE DO I HAVE?

- Taught hundreds of students ages 5 to 75
- Worked at Evans River K-12 School, Ballina Coast High & Resonator Music Ballina
- Bachelor in Contemporary Music & Diploma of Education
- Over 10 years of professional performance
- Recorded, released, promoted & toured original music
- Skills in sound engineering, production, & event management
- Specialisation in lyric writing & song composition

Ages 5+ | \$40 / 30 minutes or \$60 / 1 hr | Private or Groups

For all enquiries please contact me at [jmaree.music@gmail.com](mailto:jmaree.music@gmail.com)



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