Creating Opportunities, Achieving Success

Mullumbimby High School
Weekly Bulletin

WEEK 2 — TERM 1

Friday
8 February 2013

The P & C in 2013

The P&C welcomes all students, teachers and office staff back to school for what looks like being another great year for Mullum High.

Our agenda for 2013 includes practical issues like fund raising, and wider concerns like the effects of new government policies (both State and Federal) on the quality of the education our kids receive.

More of that in later bulletins. The P&C is delighted with the response by parents to school uniform acceptance and the emphasis in school policy on its importance. We have sold thousands of dollars worth of uniforms over the last two weeks and we stress that not only is the Uniform Shop the major present source of P&C revenue, but that all profit from sales goes back to the school.

We hope to see the P&C rejuvenated this year by the arrival of new members. Many long term members (including executive officers) are retiring this year as their children finish high school. New blood is the answer. Joining costs a dollar.

The first meeting of the year will be held in the staff common room at 7pm on the fourth Monday of the month, February 25th. See you there.

Noel L’Orange
(President MHS P&C)

Young citizen of the year

Year 11 student Courtney Bailey was announced as the Byron Shire Young Citizen of the Year at the recent Australia Day ceremony. Nominated by teachers Mr Eddie Buckingham and Ms Aisha Pelmore, Courtney feels very proud and honoured that she has received this recognition for her work in raising awareness of environmental issues and social justice in the school and broader community.

Courtney has been the president of the Mullumbimby High School Green Group for four years. She has been involved in the leadership of many student projects including the ‘Eco Awards’; school environmental audits; recycling and clean up programs. She is an active member of the Australian Youth Climate Coalition and is passionate about influencing others to take positive environmental actions.

We congratulate Courtney and we are very proud of and her achievements in the knowledge that she will continue to be an outstanding role model for all students in the school.

Swimming carnival

Heads up to all! This is being held on Wednesday 13 February at the Mullumbimby public swimming pool. As with the other sports carnivals this is always a fantastic day where students can enjoy, compete and cheer their friends on.

While these type of events are an alternative to the normal day of classroom lessons, it is a school day where full attendance is required and any absences will need to be justified with a written explanation note. Students will not be allowed to leave the pool before the end of the school day unless they have submitted a note with valid reason to Mr McKenzie, Head Teacher Administration.

We welcome and encourage parents to join us.

Attention all parents of Year 12

We are holding an HSC parent and student information evening on Thursday 28 February from 6pm in the school library. It is essential that students are able to get their study routines and preparations for the HSC established early and parents have a critical role to play. The program for the evening follows on from the study skills day for students held in term 4, 2012. The main focus of the evening will be on how the HSC works with respect to assessment and examinations and how parents can support their child in this intensive year.

This is a must attend for all parents and students in Year 12!

Asset improvements

I am very pleased to announce that there are a number of planned and funded improvements in the schools facilities this financial year. A complete renewal of the schools photocopying fleet; a new school wide public address system; a makeover for the hall stage including new curtains and floor coverings are among the list of improvements.

Ian Graham - Principal
NEW UNIFORM PROCEDURES
The goal is that all students will be wearing school uniform from the beginning of Term 1. We will be implementing daily procedures to increase uniform availability and the wearing of school uniform for every student. The school will support families experiencing financial difficulties in acquiring the appropriate school uniform needs. If a student is identified as not wearing school uniform (staff or self referral) for any reason, the school will provide the appropriate uniform for the day (swap procedure). At the end of the day, the uniform is swapped back. Additional procedures to ensure uniform is worn regularly will be supported by the Uniform Team and Deputy Principals.

As a reminder, the school uniform requirements, support for families experiencing financial difficulties, procedures and policies as mentioned are all freely available directly by contacting the school or by accessing the school’s website: www.mullumbimb-h.schools.nsw.edu.au/

School uniform purchases are available at the school Uniform Shop, Student Services Building on Monday and Thursday from 8.30am to 9am.

We express our gratitude to all parents/carers for past, present and future support in providing and encouraging your child/student in wearing the school uniform every day. Your comments and feedback are most welcome and we trust this information increases our connection and commitment for educational excellence.

Lesley Sayers (Head Teacher Student Welfare), the Uniform Team and Senior Executive.

MINDFULNESS PROGRAM
Mindfulness can be described as a deliberate and conscious intention to be aware of the movement of one’s mind from one moment to the next, without judgement or resistance. Mindfulness trains the mind to concentrate – training the mind to keep attention on any given object without allowing distraction to intervene. This is challenging to begin with, however with practice, the student is taught to hold the mind steady so that the present experiences become new thought pathways and become meaningful learning. Neuroscience is a large part of Mindfulness training as it creates new pathways of interaction in the brain – new knowledge, learning and behaviour development.

Further encouraging research findings on Mindfulness in schools have found:

- Improved concentration and academic performance.
- Lowering of stress levels, and aggressive behaviour in the classroom and playground.
- Feelings of happiness, liking of school/sense of belonging.
- Students learn to self-moderate stress hormone levels.
- Improvements in the brain’s executive function and impulse control.
- Students more effectively manage their emotions and behaviour.
- Increased optimism and empathy for others and the world.

Interpersonal skills improve at home and with family relationships. See http://thehawnfoundation.org/research/mindup-studies/

The Mindfulness pre-lesson procedure will take approximately 5-10 mins and consists of three main practices:

- Concentration exercise – focus then awareness of thoughts and letting go.
- Body awareness exercise – what is happening in our body, emotions and thoughts?
- Visualisation exercise – how would you like your day to be?

Considering educational information, scientific knowledge and positive feedback from local pilot schools already adopting Mindfulness training at the beginning of lessons, Mullumbimby High School has decided to implement the procedure with interested staff Term 1, 2013.

We welcome any feedback or enquires you may have and please ask your child/student their opinions and feelings concerning any Mindfulness training experiences.

A special thank you to Camilla Nova (School Counsellor) for staff professional development and for being the strong driver for Mindfulness classroom implementation 2013.

Thank you once again for your active parent support in encouraging the best for education at Mullumbimby High School.

Lesley Sayers (Head Teacher Student Welfare) and the Student Welfare & Learning Support Team.
**SOUTH PASSAGE—ADVENTURE UNDER SAIL!**
As in previous years, there is an opportunity from 4 March 2013 for four days of sailing adventure on the South Passage. South Passage is a 100 foot long, gaff rigged schooner. She was purpose built in 1993 to give young people aged 14 to 17 a unique experience at sea. These voyages qualify for the Duke of Edinburgh’s Awards. This is open to students in Years 8, 9, 10 and 11 interested in experiencing life on a sailing boat. More details are available on [www.southpassage.org.au](http://www.southpassage.org.au) and expression of interest should be directed to Mr Ed Sinnott or Ms Celeste Grennan at the school.

**LATE FOR SCHOOL OR ABSENT**
School starts at 8.50am every morning. Please support your children by encouraging them to arrive on time. All late arrivals and absences must be supported by a note signed by a parent or guardian or they will be marked as truant.

**MOVING & NEW PHONE NUMBERS**
Don’t forget to update the school about any changes by calling on 6684 2600.

**MARK ON YOUR DIARY**
**Wednesday 13 February**
Swimming Carnival

**Monday 25 February**
School Photos

**Wednesday 27 February**
Year 7 Camp

**Thursday 28 February**
Year 12 Parent Information 6pm

**Monday 25 February**
P&C Meeting at 7pm

**Tuesday 12 March**
Year 6 into Year 7 information evening

**Tuesday 2 April**
Year 12 Half-Yearly Exams start

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**MUSIC IN SCHOOLS PROGRAM**
Enrolments for 2013 are open for returning and new students! Please register at enrol.nrac.edu.au to secure your place.

Did you know that the Northern Rivers Conservatorium in Lismore sends Professional Music Teachers to your school each week?

Expert tuition in a range of instruments is held during school time, on a rotating timetable. Individual and group lessons can be arranged.

To learn more about the program please visit: [www.nrcac.edu.au](http://www.nrcac.edu.au), phone Zoe Abbott at the Conservatorium on 02 6621 2266, or pick up a brochure from your school office. If you are ready to enrol you can do so at enrol.nrac.edu.au

The instruments currently being taught at Mullumbimby High school are:

- Drums with Rex Carter
- Keyboard, Voice, Guitar, and Flute with Danielle Scampoli
- Voice with Rochelle Wright
- Trumpet and Trombone with Sonya Lopes

Please be in touch if you would like to request another instrument. Have a musical year!

**CHANGE OF SUBJECTS FOR YEAR 9 AND YEAR 11**
Students have been made aware that subject changes for their electives are possible. A form is available from their Deputy Principal and they need to discuss with their teachers. Please support your student by reminding them the due date for those changes is week 3.

**JINDABYNE 2013 YEAR 10 SKI TRIP**
To help families and students organise their payments for this trip, we have devised a payment schedule guideline:

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<tr>
<th>Payment Date</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>By Friday 23 November 2012</td>
<td>$300 deposit</td>
</tr>
<tr>
<td>By Friday 8th February 2013</td>
<td>$200</td>
</tr>
<tr>
<td>By Friday 5th April 2013</td>
<td>$200</td>
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<tr>
<td>By Friday 17th May 2013</td>
<td>$200</td>
</tr>
<tr>
<td>By Friday 28th June 2013</td>
<td>$200 or balance owing</td>
</tr>
</tbody>
</table>

Any questions, please contact the organiser, Ms Sharon De Costa.
IMMUNISATION PROGRAM 2013

In 2013 the North Coast Public Health Unit will again be offering a vaccination service at our school.

Boys in NSW high schools will be offered human papillomavirus (HPV) vaccination from 2013 to provide protection against developing infections that can lead to cancer.

In 2013, the 3-dose course of vaccine will be offered for the first time to:
- Year 7 boys as part of the routine school-based vaccination program
- Year 9 boys as part of the national ‘catch up’ program in 2013 and 2014 only

The vaccine is highly effective in preventing the main types of HPV infection and is most effective when it is given to people before they are exposed to the virus. As well as protecting males from HPV infections, immunising young men will also help protect women from infection.

The vaccine is registered for use from 10 years of age and is only provided free for all students who commence the course in Year 7 and boys only in Year 9.

The schedule for this year is as follows:

**Year 7—all students**
- HPV vaccine—3 doses
- Hepatitis B—2 doses
- Chickenpox vaccine—1 dose
- Boostrix—Diphtheria, tetanus and whooping cough vaccination—1 dose

**Year 9—boys only**
- HPV vaccine—3 doses

A Parent Information Kit will be provided for each vaccine offered. This kit contains information about the vaccine and the disease that it protects against as well as a consent form.

A record of vaccination will be kept by the Public Health Unit and a copy will be provided to the vaccinated student for their records.

Please understand if your child’s vaccinations are not commenced in year 7 or year 9 boys (boys HPV only), you can access this vaccine through your local doctor but the vaccine will not be free of charge.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal.

Parents with any questions or concerns can ring Bernadette at the Public Health Unit on 66 207503

OPPORTUNITIES TO ADVERTISE in our school’s quality publications exist. Please contact the school office on 6684 2600 or email mullumbimb-h.school@det.nsw.edu.au. While we exercise due care, Mullumbimby High School does not endorse or guarantee any goods or services advertised.

COMMUNITY ANNOUNCEMENTS

Give Your Child the Edge

A FREE 1-hour talk by learning expert Diana Vogel—‘The Kid Whisperer form Down Under’.

Discover:
- The importance of the 32 learning profiles and how they can play out in your child.
- The simplest and quickest technique to calm your child down which doesn’t cost anything .. Miss this and you’ll regret it!
- How stroke patient recovery is used to help children struggling at school.
- Which little trick you can do before school so your child is more focused once they get there.
- The next step for your child, if they’re falling behind their peers.

When: Friday 15th February 10am
Where: St. Finbarrs Catholic School Hall, Ruskin Street, Byron Bay NSW 2481
Limited seats so please call 1800 194 206 and leave your details to reserve your place NOW before you miss out.

LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student in July 2013 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, Japan and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover—all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaustr@scc.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.