COMING EVENTS

Thursday 4 February
Swimming Carnival
Monday 8 February
P&C Meeting 6.30pm
Monday 22 February
AGM P&C Meeting
Tuesday 23 February
School Photo
24-26 February
Year 7 Camp
Thursday 10 March
Year 7 2017 information night
Friday 25 March
Public Holiday
Monday 28 March
Public Holiday Easter Monday
1— 8 April
Yr12 Half Yearly Exams

North Coast Sports Calendar available on our website

PAYMENTS NOW DUE

• Yr7 Sports — $12.00
• Yr10 Jindabyne Ski Trip — $300
• Yr7 Camp — $250
• Italy Excursion — finalise by end of February
• Fees for Yr7, Yr8, Yr10 & Yr12

Principal’s Message

Welcome to the 2016 school year.

It was great to see our students return beautifully dressed in their uniforms and eager to start the new year.

I offer a special welcome to the new staff at our school: Mr Carlos Fratti joins our Science Staff. Mr Fratti replaces Ms Pauline Macleod, who has transferred to Richmond River High School. Mr Fratti has come to us from Coomeallah High School.

Ms Jennifer Lindsay joins our English staff and has transferred from Broken Hill High School where she has taught for the last four years.

Mr Ian Yensch joins our TAS staff and will be teaching Year 7 to 12 Technology classes.

Swimming Carnival
We are looking forward to our Swimming Carnival this Thursday. It involves all students from Years 7 to 12 and will include competitive and novelty events. We also love parent spectators to join us for the day. Students will have their rolls marked at the school during normal CARE and we will then go to the pool. Students can wear House colours (Acacia – Yellow, Jacaranda - Purple, Yarrabin – Red, Kurrajong – Green). Students need to ensure that they are sun safe on the day wearing hats, using sunscreen and drinking plenty of water. Sunscreen will be available at the pool from staff and sun shelters will be set up. It is one of my favourite days of the school year.

P&C Meeting
Our first P&C meeting is on Monday 8 February from 6.30pm in the staff common room. The more people involved in our P&C the more exciting and successful it will be. Working together last year made a significant difference for our students and our school. Our P&C is filled with friendly, welcoming parents and we would love you to join us.

Library
Last year, we formed a Library Committee comprising staff and P&C members which also consulted students. We began the process of purchasing new furniture and reorganising the Library space. One of the requests that came to our committee was to open the Library for the whole of lunch. Therefore, the Library will be closed at recess but will be open for the whole of lunch this year. The Library will also be open Monday, Tuesday, Wednesday and Friday mornings from 8:30am for assessment task preparation and printing until the CARE bell rings at 8:50am.

Donna Pearson, Principal

Year 7 students have settled in the school grounds
ONLINE PAYMENT FOR ALMOST EVERYTHING
To support parents pay for excursions or school fees, we have an online facility which has been developed by our Westpac bank which is a secure online payment option. It is available on our website. Any questions, please call the school.

REQUEST FOR SECOND HAND UNIFORMS
The school is in need of reasonable quality uniform items to boost our reduced supply of second-hand uniforms. In particular, we need boys black shorts in large sizes L, XL; senior boys white shirts; senior girls white shirts; junior boys blue polo shirts in large sizes; PE shirts in various sizes.

If you have any Mullum High clothing items, no longer in use and in good repair which you are prepared to donate, we would gratefully receive them.

Are you planning a family holiday of 5 days or more?

The NSW Department of Education and Training requires that parents arrange holidays during school vacations.

If your family holiday is during school time, inform the school principal in advance and submit permission to leave from school.

IMPORTANT:
An Application for Leave should be provided at least 2 weeks prior to departure.

Keep up to date with the latest announcements and events happening at Mullumbimby High School. Take a moment to like our Facebook page.
SPORTS EXCELLENCE PROGRAMS 2016 AT MULLUMBIMBY HIGH SCHOOL

In 2016, Mullumbimby High School will once again conduct a Sports Excellence Program for selected students. The program has been developed in response to the needs of students who have a passion for sport and wish to achieve excellence in their sporting endeavours. The aim of the program is to project students’ learning experiences beyond what is possible in normal timetabled PDHPE and Sport lessons.

To accomplish this, it is proposed that students will be provided with learning opportunities which engage them in challenging and enriching activities which focus on improving their fitness, knowledge and understanding of a wide range of elements required for success on the sports field.

The program will be conducted during a variety of times during the school timetable, to avoid students repeatedly missing the same classes. The program will involve training sessions or seminars every two weeks and will include the following:

- Media Presentation, Sports Injuries, Nutrition and Sport Psychology (including goal setting, Mindfulness and mental rehearsal) seminars
- Exercise classes (Boot camp, circuit training, weight training, speed and power training, High Intensity Interval Training (HIIT), flexibility)
- Excursions to professional sports facilities

Please note that this program will be subsidised by the school, however each student will need to contribute to cover the cost of specific excursions. Students who have previously been in the program will not be able to apply again due to the limited number of positions and the interest in the program.

Interested students can collect an application form from Mr McKenzie. As there are limited positions allocated to the program, applications will close Friday 12th February 2016. Application forms need to be returned to the Student Services.

RUGBY LEAGUE SPECIALISATION PROGRAM

In 2016, in addition to the Sports Excellence Program Mullumbimby High School will offer a Sport Specialisation program focused on Rugby League.

Mr Adam Culbert will be facilitating the Rugby League Program which will focus on improving their fitness, knowledge and understanding of Rugby League. This program will be offered to students in Years 8-10. It will commence this Wednesday 3rd February and will be run during Sport on Wednesday’s Periods 5 and 6 for Terms 1 & 2. It is proposed that students will be provided with learning opportunities which engage them in challenging and enriching activities which focus on improving their fitness, knowledge and understanding of a wide range of elements required for success on the Rugby League field. The Specialised Rugby League Program will include:

- Goal setting, work ethic, fitness, defensive and offensive skills, individualised game skills, agility, passing and kicking techniques, nutrition including fluid management, maximum strength to power ratio, time and stress management, sports psychology and game reviews with video sessions.
- Any students interested in the Rugby League program please see Mr Culbert asap.

Mr Lachlan McKenzie
SPORTS EXCELLENCE PROGRAM COORDINATOR

SWIMMING CARNIVAL

This year the school’s swimming carnival is held on Thursday 4 February and is a compulsory school activity. All students are expected to attend, and an all day attendance is required (no student is allowed to leave unless they have collected a leave pass from Mr. McKenzie at recess). Those students who do not attend will be expected to bring a note from their parents explaining their absence.

Please return the permission notes with payment of $3.00/season pass on entry to the pool. Roll will be marked at school at 8.40am and all students will then proceed to the pool with their teachers with their swimmers, towel and appropriate sun smart gear.

Cancellation due to wet weather will be announced on the local radio 2LM & ZZZ FM between 7am—7.30am on Thursday morning and posted on our facebook page.

Sharon DeCosta
SPORTS COORDINATOR
MULLUMBIMBY HIGH P&C NOTES

Happy New School Year to all the teachers, staff, students and their support networks! The P&C would like to extend a special welcome to all the new members of our school community. A great way to connect to the school and to contribute to your child’s education is to participate in the P&C.

Participation is voluntary and opportunities are varied. For example:

The Uniform shop urgently needs volunteers to continue opening Monday and Thursday mornings. It is a short shift from 8.20am - 9.10am during which you can gain handy computer and retail skills! Even one shift per term is a valuable contribution.

Parents are warmly invited to attend the regular meetings that are held twice a term on Monday evenings from 6.30pm. The meetings are a great way of hearing about and contributing to the issues concerning the school and our kids. Some of the recent topics included: improving the safety of the crossing outside the school; advocating for Gonski funding; refurbishment of the library and general fundraising ideas. Each meeting, our principal Donna Pearson gives an overview of school news. The P&C will hold a special “meet and greet” on Monday evening February 8th at 6.30pm in the staff room. All welcome to this informal gathering with drinks and snacks.

The first formal meeting will be held on Monday evening February 22nd at 6.30pm. This will be our AGM followed by the regular meeting. Regular meetings are generally finished by 8.30pm. We’d like to stress that you do not have to be an office bearer to participate in the P&C. All contributions great and small are valuable!

Finally, to stay informed of P&C news, please add your email address to our mailing list. Send an email to mullumbimbyhighschoolpandc@gmail.com. This is your link to sending in agenda items even if you can’t make the meetings.

Warm Regards,
Hannah Massey

NEW PARENTS

You are vital to the ongoing success of our P&C. Be informed about what’s happening in our school, have your say, and contribute your ideas. Please come along to our first meeting of the year at 6.30pm on Monday 8 February in the Staff Room.

WHAT’S OUR P&C ALL ABOUT?

The key focus of our P&C is to provide a forum in which parents can articulate the needs and aspirations they have for their children and contribute to a developing partnership with the school. At P&C meetings parents can raise issues, initiate ideas and keep up to date with what’s going on in the school.

Many parents may feel that P&Cs are primarily fund raising bodies and if they attend meetings they will be asked to volunteer for fund raising activities. While fund raising is an important part of P&C activities and contributes to student welfare and much needed facilities and equipment, there are many other roles that the P&C takes on, including social activities, student welfare, participation in the curriculum and other educational issues.

It is well known that a school’s educational and social outcomes are greatly enhanced when parents and staff work together. As parents we can make meaningful contributions to the way our children are educated.

***NEXT P&C MEETING: 8 February, 6.30pm in the Staffroom***

For more information, or if you would like to be kept up to date through our email list, please contact mullumbimbyhighschoolpandc@gmail.com.

UNIFORMS—The uniform shop is run by the P&C and is open twice a week on Monday & Thursday between 8.30am and 9.00am. Could you spare an hour of your time a couple of times a term to help in the shop? We are always looking for volunteers. Please phone Valmay 6680 1003 or email valmick99@bigpond.com if you wish to help.
COMMUNITY ANNOUNCEMENTS

FINANCIAL HELP IS AVAILABLE FOR PARENTS

Back to school costs are putting parents under pressure. To help out, Byron community Centre offers No Interest Loans to people on low incomes for essential goods and services. The Byron Community No Interest Loans Scheme (NILS) loans range from $500 to $1000 and can include education items such as computers, textbooks, school fees, and uniforms.

This community run loans program is safe, fair and interest free. Run by the community for the community.

Call: (02) 6685 6807 | Email: nils@byroncentre.com.au | Visit: www.byroncentre.com.au
Drop in: The Byron Community Centre, 69 Johnson Street, Byron Bay

LANGUAGE TUTOR

Italian language teacher offers tutoring in languages (Italian, Spanish, German, English) and help with homework to students of all ages. Also available for after school care. Krissy: 0434 514 013.

NETBALL CLUB SIGN ON DETAILS

Bangalow: Wed 3rd & 10th Feb 3.30 to 5.30pm. Bangalow Bowling Club. For more info Contact Ellie 0429 855 399
Byron Bay: Wed 10th 3-30pm to 5-30pm & Sat 13th Feb 9 to 11am at Byron Rec Grounds. For more info Contact Brooke 0418 628 353 Jacqui 0421 319 027
Main Arm: Contact Noreen 0438 181 219 or Sarah 6684 1487 by the 6th Feb
Mullumbimby: 6th Feb 9 to 11am at Brunswick Byron Clubhouse. For more info contact Narelle 6684 3870
Ocean Shores: 6th Feb 9 to 11am at Ocean Shores Shopping Village. For more info Contact Joanne 6680 1857 ah or Janine 6680 5067 ah or 0438 649 061 | — Registration is also available online for ages 5-10 years www.netsetgo.asn.au or 11-100 years www.mynetball.com.au. If you are interested in playing but are unable to attend the sign-on day or unable do your registration online please contact your club official so you do not miss out.

MULLUMBIMBY GIANTS JRL – JUNIOR RUGBY LEAGUE SKILLS AND DEVELOPMENT CAMP

For New and Experienced Players Ages: 10 to 16 — 6th & 7th February at Mullumbimby Leagues Club football and camping grounds. $20 this includes all meals and camping fee and you also receive a cap, ball and water bottle.

If you don't want to camp overnight but want to come for the two days that is fine.

Mullumbimby Giants JRL – SIGN ON DAYS 6TH & 13TH FEB

Venue: Mullumbimby Leagues Club Time: 10-1pm
Cost: Early Bird Special of $130 till the 7th Feb after this date the price will increase to $150
All new and existing players will receive: Club Shirt, Training Top, playing shorts and socks, this also covers insurance. All new players wishing to sign on need to bring a copy of their birth certificate. We will have laptops ready to sign you on!
Sign on NOW! Don't Wait — SIGN ON IS OPEN NOW — just go to our website: http://mullumgiantsjrl.leaguenet.com.au and follow the link to register, it is really easy and quick or phone Tracey Brooke President for more information: 0403 503 087.

SHORES UNITED SOCCER CLUB

Register NOW online at www.myfootballclub.com.au. All ages from 6 years to senior boys and girls teams available. For more information, please call Kim on 0420 989 151

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www.voicejam.com.au

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Ocean Shores

THURSDAY 7:00–8:30pm
Ocean Shores

All classes $15 - includes free herbal teas and coffee

Call Julia on 0412 201 736
julia@voicejam.com.au
www.voicejam.com.au