COMING EVENTS

Monday 22 February
AGM P&C Meeting at 6.30pm
Tuesday 23 February
School Photo (catch up)
24-26 February
Year 7 Camp
Friday 26 February
Careers University Showcase
Wednesday 2 March
Café Care at 8am
Monday 7 March
SRC Induction Assembly
Thursday 10 March
Year 7 2017 information night
Thursday 17 March
Immunisation Yr7
Friday 25 March
Public Holiday Good Friday
Monday 28 March
Public Holiday Easter Monday
1—8 April
Yr12 Half Yearly Exams
Friday 8 April—last day of Term 1

More detailed school calendar and North Coast Sports Calendar available on our website

PAYMENTS NOW DUE
* Yr10 Jindabyne Ski Trip — $300
* Italy Excursion — by end of Feb
* Fees for all years

Principal’s Message

Volunteers needed
Our uniform shop is managed and run by the P&C for our school community. If anyone is able to assist the P&C by volunteering in the uniform shop it would be greatly appreciated. It is open Monday & Thursday mornings from 8.15am to 9.15am. We would appreciate any volunteers on either day and it could even be just once a month or even once a term. Rosters are done up each term and every term you are asked what suits you, how often and if you are still available before the roster is finalised. You are not thrown in the deep end. Someone will help you on your first and second time. To thank you each time you volunteer, the P&C provides a free coffee from the school canteen. There are some vacancies for Term 1. The roster is printed in the P&C section of this newsletter and you can see when some support would assist. For further information please contact Valmay Rutherford on valmick99@bigpond.com or 0427801003.

I would also like to take this opportunity to congratulate our students for wearing their uniforms with pride. The overwhelming majority of students are wearing uniform and I really appreciate their support of our uniform policy.

Robotics Club
Last Thursday, after school, a group of students with Mr Steedman attended the first Robotics club of the year at Southern Cross University. The club is open to anyone interested in designing, building and programming robots, with a view to entering national competitions. The afternoon saw a number of students attend from around the region with students gaining “hands on” experience with the robots and further developing their interests and skills. The club will be followed up with a Workshop this Friday 26 February at the University. Students will be departing Mullumbimby High at 8.30am on the school bus and will be returning by 3pm. The Cost is $10 per student for the bus. Students need to see Mr Steedman or Mr Scott if they are interested in attending.

Student Leaders
On Thursday 11th February our school captains, Azlan Currie and Paolo Newell represented our school at the Mullumbimby Public School leadership assembly. They each presented an interesting and thought provoking speech on their views on leadership. On March 12th Azlan will be representing Mullumbimby High in the zone Lions Youth of the Year public speaking competition. The competition begins at 2.00 pm and it is held in the Lennox Head Anglican Church. Spectators are welcome to attend. Azlan is an outstanding public speaker and representative for our school. We wish her every success in this competition.

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**Swimming Achievements**
I would like to congratulate our swimming team on their outstanding successes at the zone carnival last week. The following students have all achieved a place in the North Coast team: Natasha Fraser, Mollie Cheek, Ashton Morris, Willum McVeigh, Nathan Dixon, Jacob Davis, Erez Lebovits, Lilli Lebovits, Luke Caldwell-Wearne, Sean Booth and Eddie Toman. We have an incredible team of swimmers at Mullum High and we wish them well at the next level of competition.

DONNA PEARSON, PRINCIPAL

**LOOKING TO IMPROVE YOUR STUDENT’S MATHS?**
Mullumbimby High School is pleased to offer again the exceptional value of a $20 annual subscription to access Mathsonline.

Mathsonline offers tutorial and presents concepts of a maths lesson step-by-step. It provides interactive questions and worksheets using videos, voice-overs and animations. Mathsonline can be accessed at home, school, or even some mobile devices. It allows teachers to set homework or class tasks and for teachers and parents to monitor individual results.

To renew your subscription, please pay $20 at student services by the end of Term 1.

To purchase a new subscription, please pay on line via the school website or pay directly to student services.

An information letter can also be collected from student services or the maths teacher. —KAREN BARNARD

**UPDATE FOR PARENT ONLINE PAYMENT (POP)**
School fees and contributions invoices have been sent out today.

We are pleased to advise that POP is now user friendly on mobile devices.

Behind the scenes Westpac has been working on an upgrade to the Parent Online Payment webpage attached to the school’s website. In the past, using the $ Make a payment page through a mobile device or tablet has not been as easy as on a computer. Now, automatically, when parents click on this page, via a mobile device, they will be able to complete the online form with ease.

Any questions, please contact the school on 6685 3098
OUR CAREERS PAGE is available on our website with resources added regularly on job, apprenticeship, articles and links to helpful sites to prepare student’s future options. Ms Vanessa Perrin, our Careers Advisor is happy to meet with students and parents. Please email vanessa.perrin1@det.nsw.edu.au or call the school for an appointment — follow this link http://www.mullumbimb-h.schools.nsw.edu.au/curriculum-activities/careers-advisor-s-page

MULLUMBIMBY HIGH P&C NOTES
A reminder that there is a P&C meeting TONIGHT from 6.30pm in the staff room. This is our AGM so will include an overview of last year’s activities and elections of executive positions. ALL WELCOME. Participating in the P&C is a direct way that you can add value to your child’s education. Meetings are generally closed by 8.30pm. See you there!

MULLUMBIMBY HIGH SCHOOL UNIFORM SHOP ROSTER TERM 1, 2016

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<th>MONDAY</th>
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<td>Michael Fisher &amp; Hannah Massey</td>
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<td>Ofra Galper</td>
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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.

ONLINE PAYMENT FOR ALMOST EVERYTHING
Now mobile friendly and in order 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.

Keep up to date with the latest announcements and events happening at Mullumbimby High School. Take a moment to like our Facebook page.
2016 Byron Spirit Festival would like to invite any students interested in event production/online marketing/yoga/dance/music to join us for work experience. This would be from 11 - 18th April, 2016 and would involve 4-6 hours a day. For any students who are interested in attending, we have discounted Youth tickets available for $108 for the entire weekend: www.spiritfestival.com.au. PROMO CODE: mullumhigh

LOCATION: Faulks Reserve, Riverside Drive, West Ballina.
DATE: 21st of April 2016
BOOKING CLOSE: 15th of April 2016
CONTACT: Milan Duwenhogger-Lange
0458 274 876 (please leave a message)
milan.duwenhogger@dpi.nsw.gov.au

LOCATION: Ray Pascoe Park, Norman St (river end), Tweed Heads
DATE: 22nd of April 2016
BOOKING CLOSE: 15th of April 2016
CONTACT: Milan Duwenhogger-Lange
02 6626 1381 or 0458 274 876 (please leave a message)
milan.duwenhogger@dpi.nsw.gov.au

This free, 6 week support group for parents of teenagers will provide you with skills, experience and knowledge based on mindfulness and the latest findings in neuro-science and attachment theory to support your teenager to develop emotional and social intelligence and a sound moral compass which will guide them throughout adulthood.

- Understand the changes that your teenager is undergoing and your role as parents to provide what they need for optimal development.
- Choose a parenting style to effectively help your teenager to grow into a healthy, productive, responsible, creative and independent adult.
- Develop communication skills to manage tension points and effectively provide a role model for social competence and healthy relationships.
- Learn how to protect your teenager against the risks of adolescence such as depression, anxiety, alcohol and drug abuse, poor impulse control, eating disorders and develop resilience to life’s challenges.
- Learn practical strategies to manage problem behaviours and set limits and boundaries assertively.
- Know how to handle the difficult conversations to keep them safe.
- Cultivate a mindful approach to your parenting which will help you develop more self-awareness and give you more choices in how you respond.
- Develop strategies to take care of your own well-being.

Info & Bookings
Ayle Garlick 0448 559 968

Kids’ fishing workshop

Kids 8-14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry & Investment NSW.
The day runs from 10 am-2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

COST: $40 PER CHILD, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!

BOOKINGS ARE ESSENTIAL. Maximum 25 participants.
Anxiety is a common feeling. However, 8-10% of children and adolescents experience an anxiety condition that can impact on their daily life.

**BRAVE Self-Help** is an online program for the prevention, early intervention and treatment of anxiety in young people and children.

The program was developed at the University of Queensland by experts in anxiety in young people and children, and has now been running for 13 years throughout Australia.

The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing social anxiety, shyness, separation anxiety, phobias and general worries in hundreds of children and adolescents.

**BRAVE Self-Help** is now available to all young people and children living in Australia between 8 and 17 years and their parents.

Visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)  
[www.facebook.com/braveforanxiety](http://www.facebook.com/braveforanxiety)