



SCHOOL NEWSLETTER

Term 1 Week 11
Thursday 11th April 2024



COMING EVENTS

TERM 2 - WEEK 1 WK A

Monday 29th April

Staff Development Day

Tuesday 30th April

All students return for Term 2

TERM 2 - WEEK 2 WK B

Wednesday 8th May

Fast 5 Netball Years 11 & 12

Friday 10th May

Safe on Social- Motivational Speaker

PRINCIPAL'S REPORT

As our final newsletter for the term, I wanted to start by thanking everyone – staff, students, and parents, for your efforts and support during the term.

I would like to remind parents and carers that the final day for Term 1 will be Friday, 12th April. I want to also take this opportunity to wish everyone a safe and relaxing break over the coming two weeks. I believe we have all earned it.

Students will return to school on Tuesday, 30th April.

Rewards Day

On 3rd April 2024, students who have demonstrated positive attendance, behaviour and engagement in their learning were eligible to attend our positive rewards day. The day consisted of an 8 metre Climbing Wall, Waterslide and a ninja obstacle course coupled with other alternative activities including a BBQ lunch. Students had a great time as demonstrated by the photos on Facebook and shown in this edition of the newsletter.

ANZAC Day

Just a reminder that during the school holidays, ANZAC Day will be held, where we will remember them. Inverell High School students will represent our community at the ANZAC Day commemorative service on Thursday 25 April. Students are encouraged to join us at the Inverell ANZAC Day March at 10:00am by meeting at Gaukroger's Nissan in full school uniform.

School Value Focus

One of our school value focus is 'Respect' - to treat others with consideration and regard, to respect another person's point of view and to treat others how you would like to be treated. Sadly, there has been a couple of incidents where students have demonstrated extremely rude and disrespectful attitudes towards their peers and/or staff. This behaviour will not be tolerated and appropriate



PRINCIPAL'S REPORT CONT..

action will be taken under the school's behaviour policy. I would greatly appreciate if you would speak with your children and reinforce this value, as we want to guide and build strong relationships based on mutual respect.

The school has an extra curricular and excursion policy that outlines the requirements for students to satisfy to be eligible to participate. This procedure has been at this school since 2012 and it is explicit in requirements such as attendance, completion of assessment tasks, behaviour and dress code. The students have been informed on a number of occasions during assembly and a copy of this procedure can be accessed on the school's website.

Attendance Matters

Attendance is a significant focus area across NSW Education and here at Inverell High School. Attending school all day, every day improves learning outcomes, as well as social and emotional health.

Some statistics to note:

- just 1 day missed per fortnight (90% attendance rate) adds up to 5 full terms missed over their schooling life
- 30 minutes missed each day adds up to 18 days per year

We understand that students get sick, have appointments and other justified absences, but we want to work together to ensure every student attends every minute possible.

Mr Wayne Fowke

VALE JUNE SAINT

June Saint was a long time and valued member of the staff at Inverell High School, starting in 1984 until her retirement in 2010. Many will remember June as our Home Economics Assissant. The school community would like pass on their condolences to June's family and friends.



HSIE NEWS

HISTORY



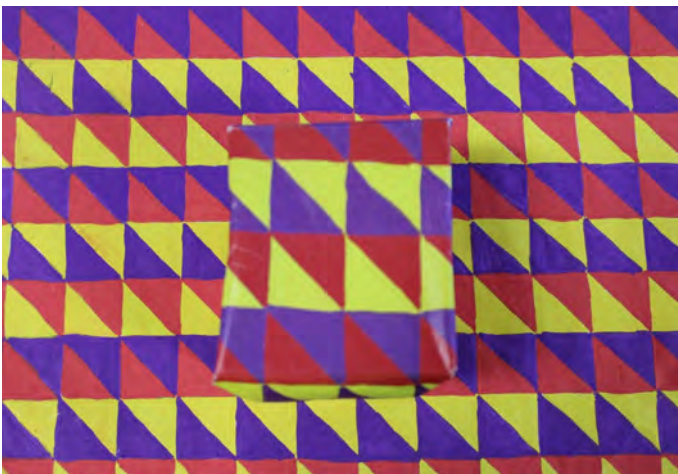
Students have been working on 'The Black Death' in History class as we near the end of Term.

PHOTOGRAPHY

Our Photography students have been exploring camouflage in photography, as well as Vanitas. We have some very talented students who have produced excellent pieces that portray a variety of techniques and creative talent.



PHOTOGRAPHY CONT....



YEAR 7 FRIENDSHIP CAMP

On Wednesday 27th of March, a bunch of year 7 students dragged their suitcases and travel bags through the school gates, all eager to leave for our highly anticipated Friendship Camp. We were all very excited, but also a bit nervous, having heard the horror stories of wombats chasing students and teachers in previous years. We started the day building our teamwork skills and friendship capabilities in our peer support groups. Every Wednesday, this term we have spent an hour and a half with our Year 11 peer leaders, who helped teach us many valuable life skills such as how to cope with stress, how to be great friends, and team players as well as positive self-talk, and today was no exception. They teach us these skills through a variety of fun games like building towers out of newspaper, friendly competitions and races, trying not to rip toilet paper while wrapping it around us and trust lifts.

At around 12.30 pm, we made our way to Green Valley Farm. Once we arrived we were assigned our cabins and tents. We were lucky because we got to choose who we camped with, making the experience even more exciting. We were given some time to unpack and got changed into our swimmers before we went down to the main parts of Green Valley Farm. The waterslide was turned on and the fun started. We went down the waterslide, trying to be faster than our friends. We played on all the metal equipment including the rollercoaster, seesaws, slides and so much more. If we wanted to spend our time in a bit more of a relaxed way we could enjoy a nice walk through all the gardens, feeding animals and running away from hungry geese.

We went back up to our tents and cabins to prepare for the museum tour and scavenger hunt that was planned for 5.30 pm but was delayed for a few minutes due to the heavy rain. We should have expected it. Apart from the minor rain delay the scavenger hunt was awesome. It was a highlight. After the scavenger hunt, we returned for dinner, which was burgers, and we hung out by the campfire. Once the sun set we all rushed back to our bags to grab our torches for what, I would describe as the most intense game of spotlight Inverell High School has ever seen. It was a good end to the night.

Most people slept in, but some of us had to get up early to go to touch. After we had breakfast we did our part in caring for our environment by

cleaning the campground thoroughly. At 9:30 am Laura arrived to have a chat with us girls. We did a workshop on good friend qualities and how to be better friends. We talked about what friendship qualities are important to us and some friendship qualities we could work on.

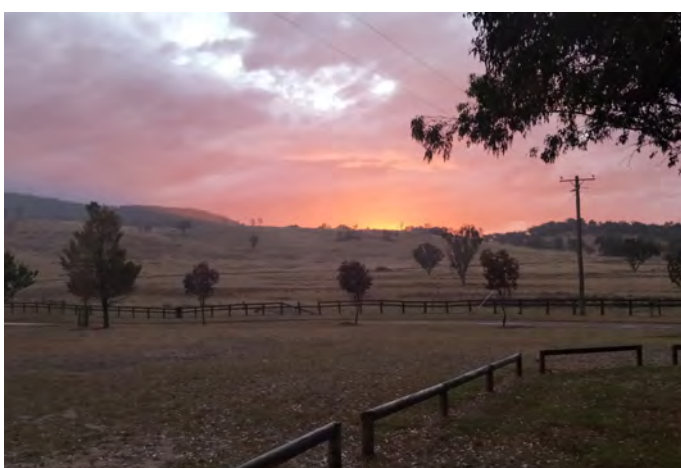
We went back to school at 11:45 am, where a sausage sizzle and a movie was waiting for us.

The Friendship Camp was a massive success with the bonds that were already created growing even stronger and many new friendships being formed. Thank you to all the teachers who came to the camp and helped prepare it. It couldn't have happened without your dedication and support.

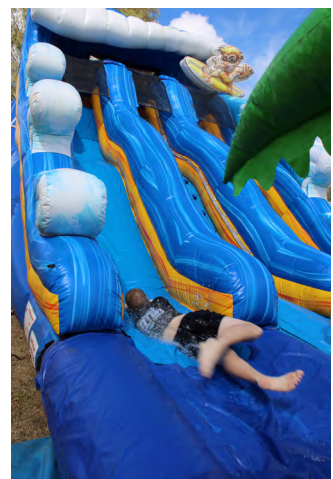
By Sophia Holmes Year 7



YEAR 7 FRIENDSHIP CAMP CONT....



TERM 1 REWARDS DAY



TERM 1 REWARDS DAY



SPORT NEWS

NEW ENGLAND ALL SCHOOL TOUCH CARNIVAL- MARCH 28TH



Congratulations to our 9-10s Boys Touch Team who won their age group.



Our 7-8s Boys finished 3rd in their age group.



The 7-8 Girls came 3rd in their age division.

CHS 15's TOUCH - MUDGEES

Tai Thompson, Hamish Swamborough and Jack Partridge represented the North West U15's Touch team at the NSWCHS carnival in Mudgee. The boys played well and the team finished a credible 8th. Well done.



HOLY TRINITY RUGBY LEAGUE

On Monday 8th April Inverell High played Holy Trinity in a trial matches. Congratulations to the 14's and 16's Inverell High School players who took on Holy Trinity at their home ground. IHS played in good spirit with the 14's match finishing in a draw with 5 tries each and the 16's finished with a 4 to 1 victory.

Big thanks must go to Mr Partridge and Mr Koch (HTS) for organising the matches for the boys and to Jack Partridge and Logan Berkley for refereeing the games.

Inverell High will now look forward to hosting Trinity on our revamped oval later in the year.



SPORT NEWS CONT...

HOLY TRINITY RUGBY LEAGUE CONT...



PUMA CUP FOOTBALL

In very wet conditions on Friday 5th April Inverell High School open boys football (soccer) team had a convincing 4-0 win over Glen Innes High School in the 2nd round of the Puma Cup knockout competition.

Inverell started the game well scoring early goals which ultimately set them up for the victory. Jonathon Arandale scored a hattrick, whilst Kai Douglass hammered in a long range effort in the only other goal for the match.

Other notable performances for Inverell High included the back four defence of Tom Henley, Temi Deji-ojo, Josh Marshall and Hamish Swanbrough who all had solid games.

Williams Richardson worked hard in centre midfield, with his fitness shining through in the tough wet conditions.

Tom Putter used his width and pace out wide to get behind the Glen Innes defence, making crucial crosses which set up 2 of Inverell goals.

The boys will now face tough opponents Armidale Secondary College in the next round early term 2.



TOUCH GALA DAY

On Monday, 8th April Inverell High hosted the Open Girls & Boys Touch Gala Day at the complex. There was some great touch played all day.

The Girls played 3 games against Moree, Bingara & Warialda. Girls played extremely well coming away with 2 wins & 1 loss, thus finishing 2nd in their pool.

The Boys team played 4 games against Moree, Glen Innes, Tenterfield, and Warialda. The boys played well coming away with 3 wins & 1 loss, also placing them 2nd in their pool.

Both teams comprised of many young players who showed great sportsmanship & ability while representing Inverell High School with utmost respect.

Thanks also goes to Mr Thomas who ran the day, keeping the scores tallied, time keeping & referees on track all day. A special thanks to Paige Vickery who went above and beyond helping referee all day to support the young referees from all the schools.



SPORT NEWS CONT...

BILL TURNER CUP

The Inverell High School boys under 15s Bill Turner Cup soccer team has had an emphatic 7-0 victory over Guyra Central School in Round 1 of the Knockout competition.

Autumn was well and truly in the air with the game being played in Guyra on a cold windy Wednesday. Inverell High went into the clash with the game plan of keeping it simple, and were rewarded in the 9th minute when Eli Gavan scored the opening goal of the match. Midway through the first half, Tom Putter doubled Inverell's lead with a well constructed goal.

The Guyra goal keeper made several important saves to restrict Inverell's lead to 2-0 at half time. Minutes into the second half, Kaydon Roberts scored with a clinical finish, before Eli Gavan bagged his second goal of the match - using his pace to skip past the defence and calmly slot the ball into the back of the net.

With the score line 4-0, the game began to really open up. Towards the back end of the second half, Laith Trotter hammered in a right foot shot to get on the score sheet. Eli Gavan completed his hatrick moments later, and just seconds from full time hard working defender Hamish Swanbrough added Inverell's final goal to complete the 7-0 victory.

Coach Mr Rose praised Inverell's defensive efforts, and paid special mention to three Year 7 players Kobe Harris, Tyeson Steel and Declan Bowen for their efforts and composure against opponents much older and more experienced.

Inverell High now progress through to the second round of the Bill Turner Cup competition where they will face Holy Trinity in what should be a close contest.



DANCE NEWS

Last week Hallie and Ella attended the Pulse Sunraysia tour. Sunraysia is a region located in northwestern Victoria and southwestern New South Wales.

Pulse Sunraysia is designed to provide high-quality arts experiences for Public School students in Sunraysia who, due to distance in rural and remote communities, don't always have the same access to arts experiences.

NSW Department of Education Arts Unit staff, tutors and professional choreographers with selected students ran three days of workshops in a variety of performing art forms. The touring students joined over 400 students from the local area for the culmination of these workshops, teaching them dance, singing, drama, music and more followed by two amazing performances held at the Mildura Arts Centre.

The tour provided students with various opportunities including interacting and collaborating with students and teachers from Sunraysia schools who come from diverse backgrounds. They also learnt about the areas of Western NSW that they visited and brought these lessons and experiences back to their schools.

Dispite extreme weather conditions on the day they were to leave, cancelled flights and the 28 hours of travel home, Hallie and Ella had an amazing experience, making lifelong memories and wonderful friendships.



POD CAST WORKSHOP

On Monday 8th April, Year 9 and 10 had the opportunity to spend the day learning to write, make and record a pod cast of their own. All students had various topics and discussions to make it an interesting and thoughtful day of recording.



BRONZE AWARDS

Congratulations to the following students on achieving their Bronze Award for Term 1.

Year 7 -
Nate Borthwick
Stevi McLennan
Seth Moore
Layla Pay
Poppy Price
Aleesha Towne

Year 10 -
Shakira Cracknell
Shaylee Moore
Jessica Nichols

Year 9 -
Rosharni Douglass
Char-Lee Franklin
Maggie Harris
Bailey Hobbs
Ava Horwood
Anya King
Lucienne Krauss
Lilly Marshall
Noah Pay
Thomas Putter
Kaitlyn Thomas
Tai Thompson
Lilly Trevithick
Benjamin Weiss
Kiara Wilson-Mackay

Year 11 -
Sophie Greentree



Parent information Session

Feeling out of your depth with your children's social media? Struggling with screentime?
Feeling out of control with your children's online activities?

Inverell High School and Safe on Social media are offering Parents and Carers the opportunity to attend an information session promoting online safety.

When: Friday 10th Of May (Term 2 Week 2)

Location: Inverell High School Welch Hall

Time: 2:30pm

Refreshments provided

NEWSLETTER

Term 1 - 2024

Week 11



GRAFTON CULTURAL CAMP

Our Year 11 Stars girls attended a Cultural camp organised by the South Grafton Stars Program, staying at the Yarrawarra Aboriginal Cultural Centre. With cultural cooking, scenic views of the coast and making new friends.

TAMWORTH CULTURAL CAMP

Our Stars girls headed to Tamworth in week 8 to watch the spectacular Bangarra Dance Group. Our girls were treated to a captivating show lead by local dancer Rikki Mason. The girls and staff loved the show.





CLONTARF SENIOR CARNIVAL

The annual Clontarf Senior Rugby League Carnival at Salamander Bay is on this week. Congratulations to Dion Kennedy and Shaquiel Livermore who both have the chance to make the Clontarf NSW side to take on arch rivals Clontarf QLD in the State of Origin which will be played next term and shown live on Kayo Sports.

NEWS



END OF TERM 1 CAMP

The Inverell Academy members with excellent attendance, and have been working hard in Term 1, have been rewarded with trip to the Gold Coast. The main activity was a day at Wet N Wild theme park. The boys enjoyed numerous activities over the 3 days including shopping, beach swim and Bounce trampolining. Congratulations to all the boys that made the camp.



Have a great break, see you next term on Tuesday 30th April 2024



NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2024 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES	DATE
Year 7	Human papillomavirus (HPV9) vaccine	Single dose	Term 2 Week 7 11 th June 2024
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose	
Year 10	Meningococcal ACWY vaccine	Single dose	Term 1 Week 7 11 th March 2024

You will find below a URL and a QR code which will provide access to an online Parent Information, privacy statement and consent form. To consent to the vaccination of your child, parents/guardians are advised to:

- Enter the URL into your browser, select the School Vaccination Program tile and follow instructions.
- read all the information provided
- complete the online consent form and give consent for which vaccine/s they would like their child to receive
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Students whose parents/guardians have provided consent while in Year 7 or Year 10 and who miss vaccine doses at any clinic, will be opportunistically offered these vaccines at each clinic visit throughout 2024 (Year 7 or 10) & 2025 (Year 8 or 11).

Parents/guardians who wish to withdraw their consent for any reason may do so by amending their student’s online consent. The Procedure for Withdrawal of Consent is available on the NSW Health website at http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx

A Record of Vaccination will be provided to parents by SMS once a student has been vaccinated. Parents/guardians should not assume that their child has been vaccinated if they do not receive this SMS notification.

[Providing consent for your child to receive a vaccination at school - Immunisation programs \(nsw.gov.au\)](http://www.health.nsw.gov.au/immunisation/Programs/immunisation-programs)

Regards,

Jemma Stapleton
HT Wellbeing

Wayne Fowke
Principal

Is your child in year 7 or year 10?

To provide consent for routine school vaccinations online Scan the QR code to give your consent now.



OR visit:

<https://engage.health.nsw.gov.au/engage>

Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online



Scan the QR code to give your consent now



To provide online consent visit:
<https://engage.health.nsw.gov.au/engage>

For more information visit:
health.nsw.gov.au/schoolvaccination

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SHPN (HP NSW) 220990.

NSW Health

RADIO PRESENTER BOOTCAMP FOR YOUTH

14-24 YRS

- ✓ A free, hands on course in the STA FM studio
- ✓ Podcasting tips
- ✓ Recording & production techniques
- ✓ Create voice-overs and be on-air for the final workshop

DATES:

This 4-week course will be held 4pm - 5pm on:
Tuesday 7th May Tuesday 14th May
Tuesday 21st May Tuesday 28th May

REGISTER NOW

Contact Christy Galbraith 0421 361 283 or email christy@ladybugprojects.com.au





Who Should I contact about my Child?

We understand that parents need to make contact with the school to share information about their child. This poster is designed to support parents to make contact with the right person resulting in positive outcomes.

Contact can be made via phone on (02)6722 3777 or via email inverell-h.school@det.nsw.edu.au

Wellbeing



Concern

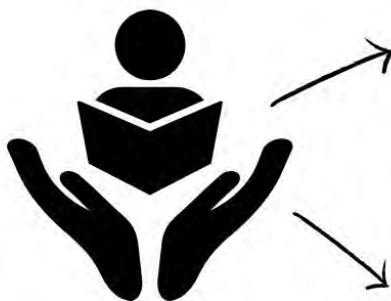
- Serious Mental health Concerns
- School counsellor referrals
- External agency engagement
- Support Class placement process

HT Wellbeing

- General enquiries and information sharing
- Peer issues/conflict/bullying
- Class queries or changes
- Friendships
- Learning difficulties

Year Advisor

Learning



Concern

- Classroom Behaviour
- Assessment Due Dates
- Homework
- Reports
- Fractional Truancy

Classroom Teacher

- Teacher concerns specific to class

Faculty HT

- Complaints
- Discrimination

DP/Principal



THE RESILIENCE PROJECT™

Term 2 Inverell High School will begin implementation of
The Resilience Project.

What is *The Resilience Project*?

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

Teachers and students will engage in weekly lessons and activities around the key principles of Gratitude, Empathy, Mindfulness (GEM), and Emotional Literacy to build resilience.

Please check out their website for more information:

[The Resilience Project](#)



TRP@HOME

TRP@HOME is a place filled with inspiration and activities for the whole, to help improve wellbeing and resilience.

[TRP@HOME](#)



Self-regulation

Helping children and young people manage their emotions is important for fostering positive mental health and wellbeing.

What's self-regulation?

Self-regulation is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them.

When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life.

Self-regulation in childhood

In their early years, children are just beginning to learn about emotions and feelings, and how to manage them.

From time to time, most young children display behaviours such as aggression, emotional outbursts and inattention. Gradually, children learn which situations are likely to upset them and how they can handle their emotions better when these situations arise. This learning continues into adolescence.

Individuals are unique

Children vary in the way they perceive, respond and interact with the world around them. They vary in

how they switch between moods (with some taking longer and needing more help than others to recover from being upset), how they respond to new situations (some dive straight in while others tend to withdraw and observe from a distance), and how long they can concentrate for.

Hormones

Children's 'feel good' hormones (serotonin) are higher when they experience life in their own way and in their own time. Over-scheduled children can feel rushed from one thing to another, causing stress and tiredness. High levels of stress hormones (cortisol) lessen the child's ability to concentrate, manage conflict, problem-solve and try new things.

Children who've experienced higher levels of stress in their preschool and primary years show more aggression and anxiety and aren't as socially competent than those who've experienced less stress. The good news is it's never too late for children to learn about developing their coping skills and [building resilience](#).

Self-regulation in adolescence

In secondary school, young people experience more complex situations and relationships.

They still need support in understanding and managing their feelings.

Brain development

By adolescence, the amygdala (the part of the brain associated with emotions, impulses, aggression and instinctive behaviour) is well developed. However, the brain's pre-frontal cortex (responsible for our ability to plan and think about the consequences of actions, solve problems and control impulses) doesn't fully develop until a person is in their mid-20s. As a result, young people's brains typically rely on the amygdala to make decisions and solve problems, particularly in emotionally charged situations.

For this reason, adolescents are more likely to:

- act on impulse
- misread or misinterpret social cues and emotions
- engage in dangerous or risky behaviour.

How can you help?

Children and young people need repeated experiences of having their needs met by a caring adult.

Warm, trusting and responsive care helps children to respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions. Here are some tips about how you can support the development of self-management in children and young people.

Explicitly teach skills

- Talk about ways of managing upsetting situations.
- Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways (for example, by drawing or acting out their feelings).
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.

- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.

Talk about emotions

- Acknowledge and respond to emotional communication.
- Role-model how you manage your own feelings.
- Talk about strategies to manage strong or uncomfortable emotions.

Promote a calm environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- providing structure and predictability
- establishing age-appropriate routines and limits
- avoiding competitive experiences for young children
- including relaxation breaks in the day
- encouraging ways to release tension they might be holding in their body
- demonstrating calmness and staying in control of your own feelings and behaviours – self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they 'push your buttons'.

References

Cooper, P.M. (2007). Teaching young children self-regulation through children's books. *Early Childhood Education Journal* 34: 315-322.

External links

Raising Children Network – [Self-regulation in young children](#) / [Temperament: what it is and why it matters](#)

[Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)

For more information visit
beyou.edu.au



FREE INCLUSIVE YOUTH WORKSHOP



15-20 APRIL 10AM-1PM | INVERELL ART GALLERY



MAGIC ROOM



WORKSHOP: TURN AN EMPTY STUDIO SPACE INTO SOMETHING MAGIC! IN JUST ONE WEEK! THE RESULT: INVITE FAMILY AND FRIENDS TO SEE OUR INSTALLATION!

BOOKING ESSENTIAL!

[HTTPS://BIT.LY/48CZNJM](https://bit.ly/48CZNJM)

QUESTIONS? CONTACT MICHÈLE AT INDIOPONY@GMAIL.COM



Youth Smartphone Filmmaking Workshops in Inverell for ages 12 -24



Online April 22nd 5:30pm-7:30pm then Friday April 26th 10am -1pm & free film screening 6:30pm at The Inverell Club

with local filmmaker, Michèle Jedlicka

FREE Smartphone Filmmaking Workshop

<https://bit.ly/3TfGPUI>

22/4 - ONLINE 5.30-7.30pm (parents invited!)
26/4 - The Inverell Club - ages 12-24 : 10am-1pm
26/4 - The Inverell Club - free film screening 6.30pm

Whether you are an absolute beginner or a young pro, we will cover it all. Come and learn everything you need to know to create amazing and professional films on your phone or tablet. We will teach you all about screenwriting, cinematography, resolution, frame rates, editing, music and more but in a super fun and accessible way. **Bookings essential!**



ANGELA BLAKE

Award-winning actor, filmmaker, director, author, educator, & SF3 co-founder, Angela has a passion sharing her talents & tools for accessible, inclusive filmmaking.



MICHÈLE JEDLICKA

NENW-based photographer, filmmaker, writer, & teacher, Michèle's smartphone films have screened in festivals all over the world.

Questions? email sf3@sf3.com.au

This Smartphone Filmmaking Workshop is part of the Holiday Break program supported by the Office for Regional Youth in partnership with Create NSW.



ALL SKILL LEVELS WELCOME AGES 5-17

FREE

INVERELL JUNIOR HOCKEY



Minkeys 11am Juniors 12-1:30pm

COME TO ONE OR BOTH

COME & TRY DAYS

WE PROVIDE:

- FUN
- Coaches
- Spare sticks
- Spare Shinpads

SATURDAY 4th MAY

SATURDAY 11th MAY

MUST BRING:

- MOUTHGUARD
- water bottle
- hat

More Information 0427151088 inverellhockey@gmail.com

