



# SCHOOL NEWSLETTER

Term 1 Week 9  
Thursday 28th March 2024



## COMING EVENTS

### TERM 1 - WEEK 10 WK A

Wednesday 3rd April

Positive Rewards Event

Open Boys Soccer V Glen Innes -Sports Cmplx

Thursday 4th April

Alan Tongue RL Boys & Girls 14's, 16's & Opens

### TERM 1 - WEEK 11 WK B

Monday 8th - Friday 12th April

Years 11 & 12 Half Yearly Exams

Monday 8th April

Open's Touch Gala Day

Thursday 11th April

NW Winter Trials in Armidale

(Rugby League, Netball and Soccer)

Friday 12th April

Last day of term 1

a life time experience Young Leaders Day in Sydney on Monday 25th March 2024.

The Halogen Australia (Young Leaders Day) exists to inspire & influence a new generation of young people to lead themselves and others well. This has been a great opportunity for our Senior Leaders to develop their knowledge and understanding of how they lead themselves and others in any kind of situation. This in it self reveals a large part of who we are as people. Who our leaders are as people (whether they be prime ministers, parents or prefects), determines the size and shape of the home, school, country and world we live in.

### The Year 7 Friendship Camp

The Year 7 Friendship Camp has just completed at Green Valley Farm. This is always a great opportunity for students to bond as a cohort as we have many students joining us from all the surrounding feeder schools. Thank you to the Year Adviser Miss Rebecca Somerfield and Mrs Cheryl Hawkins for your organisation of the camp, and to the multitude of teachers and Year 11 Peer Support students who spent the two days with these students.

### Last Day of Term

The last day of school for Term 1 is Friday 12th April, marking the start of a two-week school holiday

## PRINCIPAL'S REPORT

Halogen Youth Leadership

Year 12 Student Representative Council members, Bailey Robinson-Kam, Victoria Sullivan, Ella Beveridge and Thomas Henley had

**Principal:** Mr Wayne Fowke  
**Deputy Principal:** Mr Aaron Perkins



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## PRINCIPAL'S REPORT CONT..

period between Monday 15th April and Monday 29th April. We wish all our families and students an enjoyable school holiday. School returns for all students in Term 2 on Tuesday 30th April. Staff have a full day of professional learning focused on the New Curriculum on Monday 29th April, which is a pupil-free day.

### ANZAC Day

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 25th April. Students are encouraged to join us at the Inverell ANZAC Day March at 10:00am by meeting at Gaukroger's Nissen in full school uniform. As a school, we will hold our annual school ANZAC Assembly on Thursday 9th May (Term 2, Week 2).

### Attendance

As we head into the school holidays at Inverell High School, it remains important that your child attends school every single day. Being at school is the best place for students to learn as well as to keep social connections and build life-long skills.

We understand that families are eager to see and reconnect with loved ones and take a well-deserved break, but please remember that planned travel should only be taken during scheduled school holidays.

Students should be at school every day during school terms, including until the end of term, unless they are sick or are absent for a justified reason.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day per fortnight, that's 4 weeks of missed learning in one year. Over an entire school journey this adds up to 1 year of lost learning.

Days missed equals years lost. If your child misses as little as 1 day per week, they will miss 8 weeks of school per year. Which adds to over 2.5 years missed over their school life.

We want to do everything we can to help all students be at school every single day, because every day counts. If you have any concerns or questions please talk to me, the front office staff or your class teacher.



### P&C Meetings

The next P&C Meeting and Parent Forum will be held on Tuesday 21st May (Term 2, Week 4) 6:00 -7pm face-to-face in the common room. Parents, carers and community are encouraged to attend. We will be consulting and communicating about many fundamental issues affecting our school in 2024.

Mr Wayne Fowke  
Principal

## EQUINE NEWS

Year 12 student Toby Adams has been competing at the National Equine Show, held at the Sydney International Equine Centre (where they held equine events for the Olympics in Sydney in 2000). He was thrilled to qualify for this event and has managed to place 6th in the top 10 riders aged 17 - 21 yrs. This is an outstanding achievement! He is staying in Sydney and will also compete at the Royal Easter Show on Thursday 28th March. We wish him the best of luck!



# WELLBEING NEWS

## Learning Centre

The Learning Centre is a hive of activity at the moment, with one on one assessment support, MacqLit groups, NAPLAN catch ups, N Warning redemptions and senior student support. Senior students can self-refer to work in the Learning Centre during their study periods and Wednesday afternoon sport.

Miss Really is busy with preparations underway for Minimum Standards literacy and numeracy assessments.

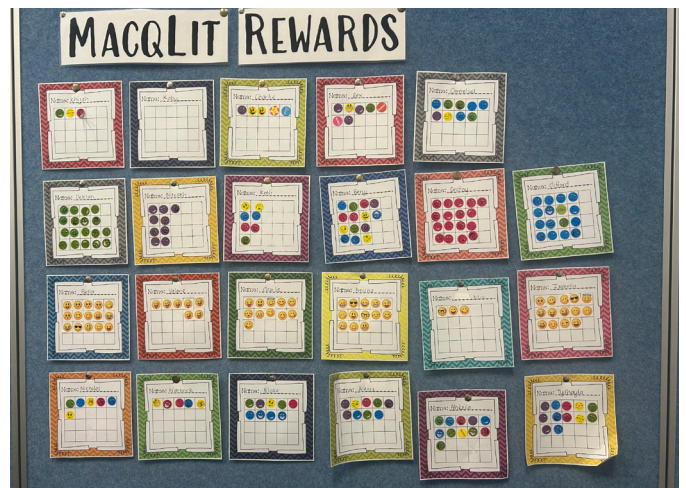
## Wellbeing Programs

The Wellbeing Team constantly collates and assesses school data to determine suitable programs and supports for students. Next term, a number of small group programs will commence, targeting friendships and conflict resolution, as well as navigating emotions and anger.

## MacqLit

MacqLit is an explicit and systematic reading intervention program for small groups of older low-progress readers. It provides teachers with a comprehensive sequence of lessons that includes all the key components necessary for effective reading instruction: phonemic awareness, phonics, fluency, vocabulary and comprehension.

MacLit currently runs 4-5 times per week, with students from Year 7-10 taking part. Staff have reported that students are engaged and thoroughly enjoying the program so far.



## NAPLAN

The Learning Centre has supported students to complete the recent NAPLAN tests through special provisions and catch up sessions.

## Suspension Process

The Wellbeing Team in conjunction with Senior Executive supports students who receive a suspension, to return to school on a positive note. Youth Outreach Worker Laura Carroll coordinates meetings between the student and parents/carers, and relevant staff to see that targeted supports and strategies are implemented and achievable goals are set for students.

## Life Ready

Life Ready focuses on offering opportunities for students to build the functional knowledge and skills for life post-school.

The content of a school's Life Ready program should be based on the needs and interests of students. This means that each year, every school should develop a program that is relevant to the particular group or cohort of senior students. IHS students were given the opportunity to complete a survey and indicate areas they would like to target. Year 11 students attend regular Life Ready lessons, taught by Head Teacher Wellbeing Ms Stapleton.

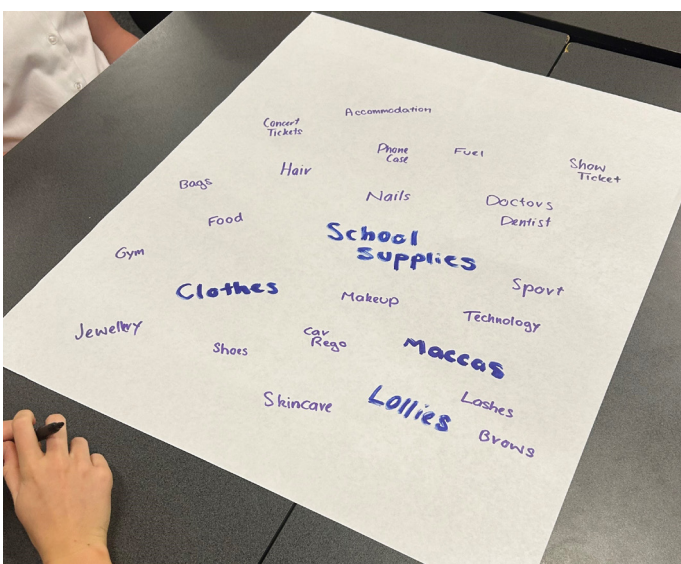
## WELLBEING NEWS CONT..

The cohort also recently attended a two day Life Ready camp, with activities taking place at school, followed by an overnight stay at Copeton Dam.



## BOUNCE FITNESS

SU1 and SU2 have had a great time this term going to sport at Bounce Fitness. The students have learnt a lot of different skills and enjoyed trying out new activities each week. We would like to thank Brent and his team for the coaching and support.



## AG NEWS

### Pregnancy Testing at the Ag Plot

On Friday 15th March Year 10 Ag students experienced Pregnancy Testing with thanks to Vet Hannah from the Inverell Vet Clinic. Students were taught about the process, what's involved, how to age the fetus while testing. Then they were given the opportunity to test our school cows.

Thanks to Hannah for giving our students this great opportunity.



## PEER SUPPORT

### Year 7 Peer Support Skyscraper Challenge

Year 7 students have been completing Peer Support during sport Term 1 with their Year 11 Mentors. Week 7 saw the groups complete a skyscraper challenge.

Congratulations to the 2 winning groups.



## DANCE NEWS

A huge congratulations to Hallie, Indigo and Ella who were selected as Principal Dancers for Pulse Alive 2024. After multiple trips to Sydney auditions and extensive rehearsals, the girls performed at Pulse Alive at Olympic Park on Thursday 14th and Friday 15th March. They represented Inverell High School with pride across the entire week. An amazing experience for all!

Hallie and Ella will return to Sydney following on from these performances with a week tour to Sunraysia.



## BILL TURNER CUP

A group of spirited and courageous young ladies from years 7,8 and 9 went to Tenterfield on Monday 25th March to play Soccer in the Bill Turner Cup against Tenterfield High. As the school oval is currently closed it has been difficult to do a lot of training.

While we came away with a loss, the team displayed enthusiasm and sportsmanship. In the second half they became more cohesive and worked well together, encouraging each other to do their best. Well done ladies. A big thank you to Crystal Doman for driving us.



## NORTH WEST OPEN TOUCH

Congratulations to Kelsy Pagden, Sophie Greentree, Blaze Harrison and Jack Partridge on their selection to represent North West Opens Touch Football in Mudgee next term.



# HALOGEN YOUTH LEADERSHIP

On March 25th Ella Beverage, Thomas Henley, Victoria Sullivan and Bailey Robinson-Kam attended the Halogen Youth Leadership event located in Sydney. The students had an exciting day collaborating with other schools, and four unique guest speakers, each talking about different leadership qualities. The first speaker was Anastasia Woolmer. She is an Australian 'Memory' Champion who spoke about methods for active recall as well as easier ways to memorize content and numbers. The second speaker was the Honorable Rose Jackson MLC, who spoke passionately about youth in politics and how the youth of today can take charge of their futures, as well as potential paths going forward. The third speaker was Paul Gallen, who spoke about his experiences throughout his life and how he took advantage of every opportunity to keep moving forward in life and that everything a person experiences will open new paths for them. The last guest speaker was Bryson Klein, a Ninja Warrior Champion. Klein spoke about the obstacles that he had to overcome in order to win the Ninja Warrior Championship and how he developed a mindset to keep moving forward even when training became tough. The students had a great time and are very grateful for this amazing opportunity.



# CLONTARF NEWS

## CLONTARF

## TERM 1 2024

### NEWS



### CLONTARF -V- STARS

The Clontarf Academy play lunchtimes games against the Stars Foundation.

We have had a Paper Airplane flying competition, Netball game, Handball competition, a game of Golden Child and Basketball shooting comp.

The boys are leading 3-2 with our last game next Monday.



### BRONCOS -V- SOUTHS

The Inverell Academy members with excellent attendance, and have been working hard in Term 1, have been rewarded with trip to Brisbane to watch the Brisbane Broncos -v- South Sydney Rabbitohs on Thursday 14th March 2024.

The boys joined the Goondiwindi Academy and other QLD Clontarf Academies at the game.

With a few Broncos and Rabbitohs supporters in our academy, it was a great game to watch.



We have our End of Term Gold Coast Camp in Week 10 Tuesday - Thursday



## **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](#)

# SCHOOL BYTES FINANCE SYSTEM

What is the School Bytes portal

The School Bytes portal provides flexibility for you to conveniently:

- Make school payments online (including paying for multiple siblings at once)
- Use a family credit to pay for an activity or school contributions
- Download a receipt for payments made
- View all historical payments in one place
- Complete and submit digital permission notes
- View the status of all permission notes
- Request a refund if required

This can be done where you want at any time: day or night.

Through the portal, you will easily be able to download a receipt once a payment has been made and have access to view all historical payments when needed. This also help with the schools effort to go paperless.

Online payments are processed in real-time and can be viewed by school staff immediately.

While our preference is for payments to be made via the portal, we will still accept payment via cash, cheque, money order and EFTPOS.

An email will be sent out to parent with the links and instructions on how to set up and login for the School Bytes app or alternatively you can follow the links below.

Parent Portal Login

<https://portal.schoolbytes.education/auth/login>

Step-by-step instructions of setting up account

<https://support.schoolbytes.education/hc/en-us/articles/5184859634191-Parent-Portal-Set-up-your-parent-portal-account>

We thank you for your patience as we are all still learning about the School Bytes finance system.



**School Bytes**

## Parent App

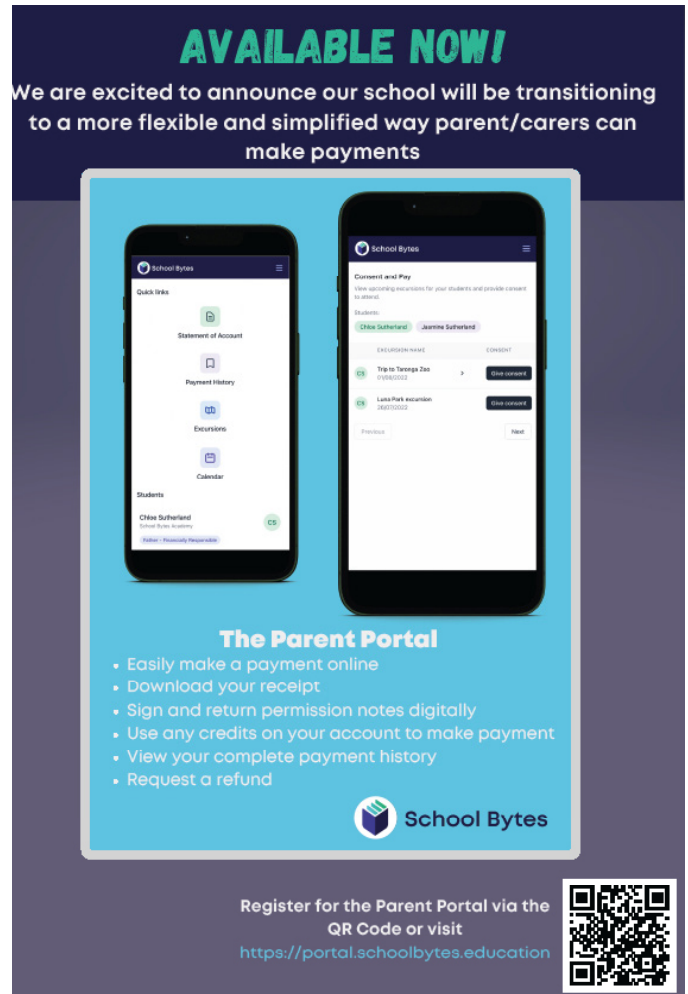
**Available now!**

Download on the App Store or Google Play by clicking the image below.

The advertisement features a central image of a smartphone displaying the School Bytes Parent App interface. Surrounding the phone are various icons representing app features: a calendar, a credit card, a document with a checkmark, a bell for notifications, a group of people, and a location pin. Below the phone, a box titled 'Key Features' lists the following:

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

At the bottom right, there are two buttons: 'Download on the App Store' and 'GET IT ON Google Play'.



**AVAILABLE NOW!**

We are excited to announce our school will be transitioning to a more flexible and simplified way parent/carers can make payments

The advertisement shows two smartphones side-by-side. The left phone displays the 'Quick links' menu with options: Statement of Account, Payment history, Excursions, and Calendar. The right phone displays the 'Consent and Pay' screen, which lists two excursions: 'Trip to Taronga Zoo' and 'Lara Park Excursion', each with a 'Consent' button and a 'Pay' button. Below the phones, a box titled 'The Parent Portal' lists the following features:

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history
- Request a refund

At the bottom right, there is the School Bytes logo and a QR code. Below the QR code, the text reads: 'Register for the Parent Portal via the QR Code or visit <https://portal.schoolbytes.education>'.

# Easter long weekend and autumn school holidays newsletter



March 2024

The Easter long weekend and autumn school holidays are always a popular time for visiting family and friends, with more traffic than usual on NSW roads. With the addition of the Anzac Day public holiday on 25 April, heavier traffic is expected on the last weekend of the school holidays. Let us help you plan your trip to ensure you experience fewer traffic delays on your journey.



## Planning to travel outside Sydney?

To avoid delays, visit the **Journey Planner** to understand predicted traffic pinch points across NSW.



## Get real-time updates with Live Traffic NSW

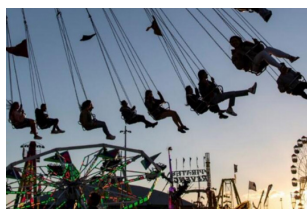
Download the **Live Traffic NSW app** or scan the **QR code** for real-time information about roads and changed traffic conditions. You can save your trip and receive notifications if any traffic incidents occur on route to your holiday destination.



## Heading to Sydney Airport?

Easter is one of the busiest periods for Sydney Airport. Allow extra travel time and plan ahead.

To avoid delays, consider catching the train instead. Download the **Opal app** to keep informed of any public transport changes and alerts. If you are driving to the airport, check **Live Traffic NSW** before you leave home.



## Visiting the Royal Easter Show?

Consider using public transport instead of driving. Allow extra travel time and plan ahead.

Extra trains and major event buses will run daily. Simply present your show ticket for free travel within Greater Sydney. Plan your trip at **transportnsw.info**. If you need to drive, it's essential you **pre-book parking online**.



## Keep safe these holidays

Use these **road trip tools** to help you identify your rest stops, calculate tolls, vehicle load restrictions, and information on available vehicle ferries.



## Allow extra travel time

Upgrade works continue across the NSW roads and public transport networks. **Plan ahead**, stay alert, and follow signs and speed limits.

# INVERELL FREE PARENTING EXPLOSIVE KIDS

Does your child:

- Show extreme behaviour?
- Have intense temper tantrums?
- Refuse to do what they are asked?
- Use verbal and physical aggression?

**FREE**  
help for  
frustrated  
parents

Parenting Explosive Kids shows parents how:

- To identify the child's concerns and triggers that cause the behaviour,
- To teach the child coping skills and
- To find workable solutions that satisfy both parent and child and lessen the likelihood of negative behaviour

**WHEN: Wednesday 24th April - 10am to 2.30pm**  
**WHERE: Centacare Inverell, 21 Oliver Street, Inverell**  
**COST: FREE**

For more information please call  
**Pedro on 6738 7200 or to register 1800 372 826**



An Australian Government Initiative



# 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](mailto:christy@ladybugprojects.com.au)





## 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/3TfGPU1>

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](mailto: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.



## FREE INCLUSIVE YOUTH WORKSHOP

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



# MAGIC ROOM

BOOKING ESSENTIAL!

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

QUESTIONS? CONTACT MICHÈLE AT [INDIOPONY@GMAIL.COM](mailto:INDIOPONY@GMAIL.COM)

