Achieving balance

There are many things in life which ‘achieving balance’ could relate to. In this week’s newsletter I want to touch on the happy challenge of balancing the various outcomes a student seeks at school. I refer specifically to time in lessons in classrooms and time participating in extra curricula and cross curricula activities. Being involved in sporting, cultural and personal development activities, which can involve off-site activities, are often intense learning experiences; demanding and developing in their nature. They contribute to the development of the whole person. Important peer and staff relationships are strengthened, which can be enormously supportive when the demands of study or life generally, ‘ramp up’. Often when I speak to students I speak about the purpose of schooling being to gain an education (broad) and not a training (more specific). The school seeks to provide programs which develop our agreed values (as outlined on page 3 of our Prospectus), a developed understanding of community, and a capacity to provide leadership in community (during school, and wherever a student settles in life after school).

But there is conflict whilst at school due to the very broad range of activities and opportunities available to students through the school programs. A skill to be developed is to identify when to participate in out-of-classroom activities and when to maintain continuity in lessons actually at school. Missing lessons can cause learning gaps and compromise results in academic courses. Students are expected to catch up on any work missed while they have been participating in the other activity.

In the different stages of school life (Kinder = early stage 1, Year 1-2 stage 1, Year 3-4 stage 2, Year 5-6 stage 3, Year 7-8 stage 4, Year 9-10 stage 5 and Year 11-12 stage 6: are the government classifications) there are varying demands on students. Students in the more senior stages of schooling often experience a significant lift in the demands of their course work and so, it is not surprising to see some students prioritise in-classroom lessons in order to see better academic results on completion of Year 12. This may mean that it is the younger years where are student can make the most of opportunities.

All students are encouraged to explore and develop themselves in all aspects of life but the reality of attending any high quality school is that there will be many more opportunities than there is time to participate in: hence the need to reflect on the bigger picture. It is worthwhile to give consideration to the overall goals a student is seeking to achieve through their schooling. For the older students this will also mean reflecting on part time work and amount of time spent in social activities. While sporting activities may be wound back in senior years, research clearly shows the benefits of a fit and healthy body contributing to higher school outcomes.
Year 7 & 11 Peer Support
This week students in Year 7 will attend a peer support camp with Year 11 students trained in the delivery of peer support programs. Students will participate in personally challenging activities with the support of fellow Year 7 students and their Year 11 team (peer support) leaders. This is an important event in the life of all of the students, particularly the Year 7 students who are in their first term of high school. The school has found this camp bring about strong and positive relationships within the school which support individual students as they face the challenges of their secondary schooling.

Rob Walker – Principal

PSSA Mid Richmond Swimming Carnival
On Friday 7th February, Students from Evans River went to Woodburn to participate in the Mid Richmond Swimming Carnival against Woodburn and Crake Public Schools.

Our swimmers all tried their best, showed excellent sportsmanship and had a whole lot of fun, with plenty of cheering! Our relays were especially exciting with 3 of the 4 teams winning and moving on to District. Congratulations to all students who participated on the day and on their outstanding behavior.

25 Students achieved the top three places in their events to be able to participate in Ballina District Swimming Carnival

A special congratulations to our Mid Richmond Age Champions: Senior Boys-Kyle Howard, 11 Years Girls-Sharni Fry, 11 Years Boys-Jacob Yourell, Junior Girls-Tahlia Howard

PSSA District Swimming Carnival
Last Thursday 20th February, 25 of our Primary students went to Ballina to compete against the best swimmers in the District. Our Swimmers all did extremely well and we’re very proud of their efforts, especially with some of our younger swimmers having never raced in a 50 m pool before! Their behavior was exemplary and they were excellent representatives for Evans River School.

Well done to all participants on the day!

I’d also like to thank the parents for their help on the day. We have a wonderful group of parents who helped with carrying shade shelters, transporting students, timekeeping, ensuring children did not miss their races and cheering for our team. We appreciated all the help. Four students achieved top four places in their events and are now going to participate in the Far North Coast Swimming Carnival, to be held in Ballina on Tuesday 4th March.

Jacob Yourell (11 Years Boys) placed 2nd in 50m Butterfly, 3rd in 50m Backstroke and Freestyle and 4th in Snr 200m Individual Medley. Iris Hobbs (8 Years Girls) placed 4th in 50m Freestyle. Eric Redman (10 Years Boys) placed 2nd 50m Backstroke. McKinley Arnison (AWD) Placed 1st in 50m Backstroke, Breast stroke and Freestyle.

We wish Jacob, Iris, Eric and Mckinley lots of luck in Ballina.

Fiona Fields - Sports Coordinator K-6

Clean up Australia Day Primary
Clean up Australia Day will be held in the school ground for all Primary students this Friday 28th February between 10:00am and 12:00am if students have gardening gloves please send them to school as we only have disposable gloves.

Glen Cook

Choosing the Right Lunch Box is Important

Make sure children can open all containers and lunch boxes easily. Practise this at home first

Check that containers can fit inside the insulated lunch box bag

Ensure children can easily take off any food wrappings

Make markings on the food wrapping to show children where to start

Check that all bottles of water can be opened

Small, easy to open containers are excellent for cut up or canned fruit, cut up vegie sticks or salad, homemade muffins
A new program started this week at school called the Buddy Program; eighteen high school students volunteered to work with Year 1 students on a specialized reading program. The high school students will be working one on one every morning during START with the young students. Twelve of the students are seen here taking part in training with Ms Porter to prepare them for the program.

Our school will be taking part in Clean up Australia Day this Friday 28th February. Primary students will clean up the school grounds and surrounding areas, while High School Students take a walk through the community and down to the beach.

Sunday 2nd March is the official Clean up Day and there are two registered clean up sites in Evans Head, Airforce Beach and South Evans Head, meeting at Kalimna Park. Grab a pair of gloves, a hat and sunscreen and join in to keep our area pristine.

Don’t forget to collect the tokens in the Northern Star and drop them off at school for our chance to win 10 iPads. Leave your tokens at the office or with a teacher.

**Science Trivia!**
This week’s question: What three planets have a smaller diameter than Earth?

Last Week’s question: Which of the following is the longest river on Earth? Yangtze, Nile or Amazon?

Answer: Nile = 6650km. Amazon = 6437km and Yangtze = 6300km.

**Canteen Roster - Week B**

<table>
<thead>
<tr>
<th>Monday</th>
<th>03 Mar</th>
<th>Charmayne Stevens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>04 Mar</td>
<td>Janine Hutley</td>
</tr>
<tr>
<td>Wednesday</td>
<td>05 Mar</td>
<td>Kathleen Motbey</td>
</tr>
<tr>
<td>Thursday</td>
<td>06 Mar</td>
<td>Help Wanted</td>
</tr>
<tr>
<td>Friday</td>
<td>07 Mar</td>
<td>Help Wanted</td>
</tr>
</tbody>
</table>

**K-6 AWARDS Term 1 Week 4**

<table>
<thead>
<tr>
<th>Kinder</th>
<th>Jasmine Schmidt</th>
<th>Sean Sinclare</th>
<th>Luke Corbett</th>
<th>Millie Mackney</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 1</td>
<td>Thomas Dempsey</td>
<td>Miah-Bella Norman</td>
<td>Skye Geoghegan</td>
<td>Recharna Deas</td>
</tr>
<tr>
<td>Yr 1/2</td>
<td>Sol Novak</td>
<td>Darren Stewart</td>
<td>Kobi Mitchell</td>
<td>Willy Harris</td>
</tr>
<tr>
<td>Yr 2/3</td>
<td>Reuben Peachy</td>
<td>Breanna Slotard</td>
<td>Iris Hobbins</td>
<td>Holly Williamson</td>
</tr>
<tr>
<td>Yr 3/4</td>
<td>Pearly Peachy</td>
<td>Angel Harvey-Conway</td>
<td>Justice Savage</td>
<td>Sunny Gillespie</td>
</tr>
<tr>
<td>Yr 4/5</td>
<td>Tahlia Howard</td>
<td>Shelby Willows</td>
<td>Zeke McFaull</td>
<td>Sacha Boutle</td>
</tr>
<tr>
<td>Yr 5/6</td>
<td>Jacob Willows</td>
<td>Darcy Bank</td>
<td>Tianie Deas</td>
<td>Antonio Costello</td>
</tr>
<tr>
<td>Dirrawong Awards</td>
<td>Cameron Trott</td>
<td>Alex Redman</td>
<td>Tucker Barany</td>
<td>Jeremy Clennett</td>
</tr>
</tbody>
</table>

**Class Award**

Year 3
Sacramental Programs 2014
St Joseph’s Coraki Parish invites any parent wishing their child to prepare for the Sacrament of Confirmation (Year 2), Penance and Eucharist (Year Three) to contact Ms Jeanette Wilkins the School Principal of St Joseph’s Woodburn - Phone: 6682 2468.
First Penance will be held on Tuesday the 20th May at 6pm at the All Saint’s Church Woodburn.
First Eucharist will be celebrated on Saturday 21st June at the All Saint’s Church Woodburn.
Confirmation will be celebrated by Bishop Jarrett on Saturday 5th August at 6pm at the All Saint’s Church Woodburn.

TAKE HOME A BIG BROTHER OR BIG SISTER
Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2014 for their 3, 5 or 10 month programs. Our international students from France, Spain, Germany, Italy, Finland, Norway and Denmark will live as a local, 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 www.scce.com.au, email scceast@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

Mums & Bubs Playgroup
A playgroup with organised activities Delicious morning tea provided
Come and join us for a fun and relaxing morning
During the School Term
10am - 12noon
At Evans Head Presbyterian Church Hall
More Info. Ph: 6682 4440

Rising Sun Support Group
The Mid Richmond Neighbourhood Centre is now operating a support group for those affected by suicide
Supported by Provisional Psychologist, meetings will be held on the 3rd Tuesday of every month commencing at 5:30pm.
Bookings are not necessary.
For additional information please contact the centre on 6682 4334.

Free Provisional Psychologist
Every Tuesday operating from out the back of the Chill Cafe
For information or bookings contact the centre on 6682 4334.

SPORTING CLUB SIGN ON INFORMATION 2014
Evans River Junior Rugby Sign On.
All age groups - Boys and Girls
Competition played FRIDAY Evenings
Kick - off 4th April
Evans Head
Wed 12 Mar Feb 5:00-6:00pm
Stan Paine Oval
Sat 22 Mar 8:30-11:00am
First National Real estate
Coraki
Sat 8 Mar 8:30-10:30am
SPAR Express
Woodburn
Sat 8 March 11:00am-1:00pm
Rod and Reel Hotel
Enquiries Hywel Roberts 0402 367 216

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 & Government NSW. The day runs from 9am to 3pm and includes fishing techniques, bass, flathead rigs, fish handling for catch & release, cost: $20 per child, and includes: rod, reel, corn braid, sink, lures & fishing box — all tackle provided.
BOOKINGS ARE ESSENTIAL. Minimum 20 participants.

LOCATION: “The Beach” on Richmond Tce, Coraki
DATE: 1st of March 2014
BOOKING CLOSE: 29th of February 2014
CONTACT: Milan Duwenhogger-Lange
0458 274 876 (please leave a message)
milan.duwenhogger@dpi.nsw.gov.au

BUY $100 WORTH OF GROCERIES
& GET $10 WORTH OF FREE
FRUIT & VEGETABLES
Local business supporting the community
EXPIRES MARCH 31ST 2014
Present this coupon for redemption