Our K-12 nature

Our school is one of sixty-three Kinder to Year 12 schools in the NSW public education system, a system of over 2,200 schools. Of the sixty-three, only six are classified ‘community schools’ (which are staffed, and were originally funded, differently to the other K-12 schools). Of the six, each are different, which leaves Evans River as a unique school. Our school was purpose built as a Kinder to Year 12 school. There are a number of initiatives which make the most of the K-12 nature of our school for the students. Students in older years work with younger students listening to them read, they help with the running of their sporting carnivals and work in their classrooms. It should not come as a surprise that these experiences lead to the older students maturing, understanding their work better, as to ‘teach’ it you need to understand it yourself first. Younger students are able to see first hand fine role models in the years above them. This is particularly evident at our assemblies where students of all years perform, but is also evident where students learn side by side – for example the shared break times in the school library. At our school students in Years 5 and 6 participate in D&T (Design & Technology) classes where they use the school’s specialist facilities in Metal, Wood, Food Tech and Textiles. In these classes they also get to work for extended periods with teachers they will have more time with as high school students. This is just one of the experiences that makes transition from primary schooling to secondary schooling an easier experience for our students. As a Principal, it is a delight to see staff choose to make contributions across the whole school or work with an age group of students they would not have the opportunity to work with in a primary school or high school environment. One of the most beneficial aspects of being in a K-12 school environment is the impact the students of various ages have on each other and the tone of the school. There can be no doubting the presence of the younger students influences the thinking of the older students, many being their brothers, sister, cousins or good family friends – it is this shared respect and understanding which leads to the very positive sense of community of our school, and consequently the feeling of safety and happiness amongst the students. It is great to work with parents to raise these fine young people in such an environment.

Rob Walker – Principal

African Drumming

Recently, our K-6 staff spent a Saturday being trained in the use of the African Drums which were purchased last year. During the day, teachers were taught some background knowledge on African drumming, technique for playing the drums and strategies for teaching. They were all given resources to continue their implementation in the classroom. In conjunction with the initiative that Mr Beck is launching in K-6 we look forward to a raised profile of music in the
Immunisation Schedule 2015

**All Year 7**
- Term 1: Monday, 09/03/15
- Term 2: Monday, 11/05/15
- Term 3: Monday, 14/09/15

**All Years 11 & 12**
- Term 2: Monday, 11/05/15

Diary

**This Week - Week 6 Term 1 - Week B**
- Mar 03: CHS Open Rugby Union
- Mar 04: PSSA Swimming Year 7-12 SRC Social 6:30-9pm
- Mar 05: CHS Regional Swimming Carnival Lismore
- Mar 5-10: Life Education Van K-6 Students Evans River

**Next Week - Week 7 Term 1 - Week A**
- Mar 09: Immunisations All Year 7 Library
- Mar 10: CHS Zone Open Touch Goonellabah
- Mar 11-13: Peer Support Camp Nymboida Lismore
- Mar 12: Ballina District Winter Sports Trials Ballina

**Coming Events**
- Mar 16: P&C Meetings 9am and 4:30pm Library
- Mar 17: CHS Regional Open Golf Yamba
- Mar 18: CHS Regional 15’s Touch Coffs Harbour
- Mar 19: CHS Regional Netball Casino
- Mar 20: CHS Regional Soccer Yamba
- Mar 24-26: Year 9 PASS Excursion Runaway Bay
- May 04: Year 7 2016 Information Evening

Schools Physical Activity and Nutrition Survey - (SPANS)

Some of you may have heard about the Schools Physical Activity and Nutrition Survey (SPANS) and involves over 100 schools in NSW. I am delighted to announce that our school has been invited to participate. This is a great opportunity for our students to be involved in helping health professionals better understand children's lifestyles such as their physical activity, fitness, food habits and movement skills. A team of specially trained teachers will collect the information on almost 8,000 students from Years K, 2, 4, 6, 8 and 10. The survey is being managed by a research team from the University of Sydney.

Students in selected classes in Years 8 and 10 will bring home information about the study and a consent form. Please read carefully the information statement; if you agree to allow your child to participate, please complete the consent form, and send it back to school as soon as possible. The survey will take place at our school on the Thursday, 5 March 2015.

Australian Defence Forces Gap Year - 2016

The ADF Gap Year program provides an opportunity for young Australians who have finished year 12 (or equivalent) and are aged between 17 and 24*, to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year.

Gap Year opportunities are available in the Navy, Army and Air Force.

The life skills and job training that you will acquire during your Gap Year experience will be valuable regardless of what career you ultimately undertake.

Applications for 2016 intake are now open.

For more information go to: defencejobs.gov.au/gapyear

Mr Hayward
Careers Adviser

Beating Picky Eating

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:

Remember: Parents choose "which" foods, children decide "how much".

Create a positive environment at the table, make meal times pleasant.

Be a good role model.

Stick to a routine.

Provide the same meals for the whole family.

Take children shopping, involve them in planning and preparation.

Limit sweet drinks and juice so children have an appetite.

If you are stuck in a constant battle, maybe try a different approach.

Veggie Prices dropped 10% since last year, according to the CPI.

There's never been a better time to increase your family's vegetable consumption.

Send carrot sticks, cauliflower or sugar snaps for Crunch & Sip

Add grated carrot and mixed lettuce to lunch sandwiches or wraps

Aim for at least one yellow AND a green vegetable on your dinner plate

Half the plate should be yellow and green vegetables, a quarter meat/ fish/ chicken/ lentils/ beans and a quarter starchy potato/ rice/ pasta.

Add grated or chopped vegetables to pasta sauces, stews and casseroles.

Immunisation Schedule 2015

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<tr>
<th>Term 1</th>
<th>Monday</th>
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<td>Term 2</td>
<td>Monday</td>
<td>11/05/15</td>
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<tr>
<td>Term 3</td>
<td>Monday</td>
<td>14/09/15</td>
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| Term 2 | Monday | 11/05/15 |

Science Trivial!

This Week’s Question: What term is given to a piece of rock or metal from space that reaches the surface of the Earth?

Last Week’s Question: Which part of the Earth lies between the outer core and the crust? The Mantle
The school canteen would like to ask anyone with an abundance of mangoes to consider donating them to our canteen. Mangoes will be frozen for smoothies and dried for a tasty healthy snack. If you are able to donate please contact Fay Granger, Canteen Supervisor.

In the primary years, as part of reading comprehension, students study reading strategies. However, we realise that students learn in different ways. Some students learn through listening, some through reading while others are visual learners. Mrs Durheim has been working on a program called Teaching Comprehension through Art.

As part of this program (as in reading comprehension) they look at strategies such as: making connections, questioning, visualising, determining importance, inferring and synthesizing. In simpler terms, sometimes this is called investigating through people, objects, places and spaces.

As part of this program students will study art pieces, for example, a painting. They will look at certain aspects of this painting; what they see in the painting, they will compare the painting to other paintings, relate what they see in the work to things in their own life and also compare it to the world around them.

This program will allow students to build their confidence in comprehension as most children have something to say about a piece of art. Mrs Durheim explained that to comprehend something is to understand it no matter what subject matter is being studied and through this program and by building the students confidence and ability to comprehend art we are aiming to also improve their confidence and ability in comprehending what they read. Another wonderful aspect of this program is that our students art appreciation will also improve.

Canteen Roster - Week B

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>Monday</td>
<td>02 Mar</td>
<td>Help Wanted</td>
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<tr>
<td>Tuesday</td>
<td>03 Mar</td>
<td>Help Wanted</td>
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<tr>
<td>Wednesday</td>
<td>04 Mar</td>
<td>Help Wanted</td>
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<tr>
<td>Thursday</td>
<td>05 Mar</td>
<td>Von Pickens</td>
</tr>
<tr>
<td>Friday</td>
<td>06 Mar</td>
<td>Molly Forsyth</td>
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K-6 Student Representative Council 2015 - Semester 1

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<thead>
<tr>
<th>Year</th>
<th>Year 2/3</th>
<th>Year 5/6</th>
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<tbody>
<tr>
<td>Year 1</td>
<td>Jasmine Schmitt</td>
<td>Ursel Barber</td>
</tr>
<tr>
<td>Year 2/3</td>
<td>Tucker Barany</td>
<td>Abbie Yourell</td>
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<tr>
<td>Year 2/3</td>
<td>Halle Fardy</td>
<td>Ryan Stewart</td>
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<tr>
<td>Year 4</td>
<td>Ned Barany</td>
<td>Iona Macgregor</td>
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<tr>
<td>Year 5/6</td>
<td>Eric Redman</td>
<td>Trista Flaherty</td>
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<tr>
<td>Year 5/6</td>
<td>Lilli Gillespie, Jacob Yourell</td>
<td>Zahlen Moore, Finn Gillespie</td>
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<td></td>
<td>Elysia Hudson, Tahlia Howard</td>
<td>Victor Roberts, Sacha Boutle</td>
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P&C News

Our next meetings will be held on Monday 15th November. Our morning meeting takes place at 9:00am in the Administration Building and the second meeting is held in the Library at 4:30pm. Please join one of our meetings and bring along your ideas.

Woodburn SES Recruitment Drive
Do you have a passion for helping your community? Woodburn SES are recruiting now for a range of positions. An information session is being held on Wednesday 4th March 2015 7pm At the Woodburn SES Unit, Pacific Hwy (Next door to the Woodburn Public School) Please RSVP 6682 2492

MRNC Youth Service is in Oaks Arcade
Open until 5:30pm on Tuesdays and Thursdays. Painting Poles in Coraki after school on Wednesdays 4 - 6pm (this term) For anyone who needs to see a youth worker after school or is interested helping organise after school activities or volunteering. Just Drop in or call 6682 4334 office hours to make a time to meet. Welcome Luke Hayward back to the MRNC Youth Team

International Women’s Day
You are invited to join the Mid Richmond Neighbourhood Centre and the Evans Head Business and Community Chamber for a morning tea to celebrate International Women’s Day on Thursday 5th March 10:30am at the Scout Hall on the corner of Cherry, Teak and Mangrove Streets, Evans Head. Four Guest Speakers will be sharing their view on the theme “Make it Happen”. Wear purple…. Purple has been adopted as it symbolises justice and dignity. Cost is $5 for morning tea supplied by Chill Café. RSVP 26/02/15

Crankfest Youth Festival
Expression of Interest (EOI)
Are you interested in being a part of a Regional Youth Festival on the 18th of April 2015? Can you play an instrument or sing, are you in a band?
For more information PH: 6682 4334 or go to www.crankfest.com.au
Expressions of Interest Closes March 18th 2015