Year 7 HSIE Local Area Field Study
On Friday 19th February all Year 7 Students will be participating in an excursion to the Evans Head Cemetery to show respect and to learn about our local history. This will be a walking excursion during Period 1 and 2 (Sport). Please make sure your child has a hat, sunscreen and extra water. This excursion has the approval of the principal.

Cheryl Patch - HSIE Teacher

K-6 Swimming Carnival 2016 (Day 1)
On Tuesday 2nd February, we held our K-6 Swimming Carnival. A funday was had by all who attended and participated. The point score was extremely close and came down to the number of students participating in each event. I’m very excited to announce the results:

Sharks 332
Stingrays 329
Marlins 330
Dolphins 157

Congratulations Sharks!

Congratulations to our K-6 Age Champions for 2016:

Senior Girls - Sophie Stewart
Senior Boys-Eric Redman

11yr Girls - Savannah Novak
Boys - Oska Hancock

Junior Girls - Iris Hobbins
Junior Boys-Caelan Cooper

Well done to the following record breakers:

New Records

9yr Boys 50m Freestyle – Aidan Arnison 47.66s (Caelan Cooper 2015-47.94s)
9yr Girls 50m Freestyle – Lily Pollack 47.48s (Emma Hogan 2008- 49.49s)
10yr Boys 50m Freestyle – Caelan Cooper 40.26s (Eric Redman 2014- 45.55s)
Junior Boys 50m Breaststroke – Caelan Cooper 1:00.83s (Jacob Yourell 2013- 1:04.60s)
Junior Girls 50m Breaststroke – Lily Pollack 54.56s (Savannah Novak 2015- 1:09.87s)
Junior Girls 50m Backstroke – Lily Pollack 52.42s (Ainsley Hyder 2002- 54.22s)
Junior Boys 200m IM – Caelan Cooper 4:15.27s (Jacob Yourell 2013- 4:17.03s)
Junior Girls 200m IM – Iris Hobbins 4:21.92 (Emma Hogan 2009- 4:25.18s)

A special thank you to Teena Redman, Rebecca Yourell and Jan Hobbins for their help all day; to the numerous parents who helped throughout the day; to all the teachers who officiated; Mr Walker and Mrs Sharpe for their help and participation; and to the wonderful Year 11 and 12 helpers –Josh Wilson, Brayden Greaves, Jeremy Moroney, Tyler Mackney, Jacob Harcourt, Bailey Barlow and Zach Armstrong.

Without your time, our day would not have been such a great success!

Isaac Fields - Sport Coordinator K-6
Diary
This Week - Week 4 Term 1 - Week B
February 15  P&C Meeting 9:00am and 4:30pm  Library
February 16  CHS Zone Touch Football  Woodenbong
February 17  PSSA District Swimming Carnival  Ballina
February 19  K-12 Assembly  1:05pm

Next Week - Week 5 Term 1 - Week A
February 22  University Showcase 11:30-12:30pm  Library
February 23  Regional Volleyball
February 25  CHS Zone Football Boys and Girls
February 26  CHS Zone Swimming Carnival
   K-6 Assembly  9:20am
   7-12 Assembly  1:05pm

Coming Event
March 03  7-10 Math Tests
March 04  K-6 Assembly  9:20am
March 07  7-12 Year Assemblies  1:05pm
March 07  Year 7 Immunisations
March 07  Year 8-12 Parent Teacher Interviews  4:30 – 6:30pm

7-12 Swimming Carnival 2016 (Day 2)
On Thursday 4th February, we held the 2nd day of our Evans River K-12 Carnival. A large number of students got in the spirit of the day and dressed up. The results for the day are as follows:

Stingrays 748  Sharks 651  Marlins 538  Dolphins 487

There were a number of Zone records broken on the day. Well done to the following record breakers:

Girls Open 100m Breaststroke  – Rachael Redman 1:36.95s (Old 1:38.18s)
12-14 Yrs Boys 200m IM  – Samuel Ticknor 3:22.00s
12-14 Yrs Boys 200m IM  – Jacob Yourell 3:16.00s (Old 3:28.50)
13 Yrs Boys 50m Freestyle  – James Perry 29.07s (Old 30.75s)
13 Yrs Boys 100m Freestyle  – Jacob Yourell 1:18.84s (Old 1:21.14s)
13 Yrs Boys 50m Fly  – Jacob Yourell 41.62s (Old 42.88s)
17-19 Yrs Boys 100m Freestyle  – Aidan Yourell 1:02.84s (Old 1:07.00s)
17-19 Yrs Boys 50m Freestyle  – Aidan Yourell 28.63s (Old 29.12s)
17-19 Yrs Boys 50m Breaststroke  - Aidan Yourell 32.64s (Old 36.16s)
17-19 Yrs Boys 50m Fly  - Aidan Yourell 32.22s (Old 34.31s)
Boys Open 100m Fly  – Aidan Yourell 1:10.33s (Old 1:10.95s)
Boys Open 100m Breaststroke  - Aidan Yourell 1:10.33s (Old 1:35.40s)
Boys Open 100m Backstroke  - Aidan Yourell 1:11.55s (Old 1:11.75s)
Boys Open 200m Freestyle  - Aidan Yourell 2:17.77s (Old 2:19.84s)

Congratulations to our 7-12 Age Champions for 2016:

<table>
<thead>
<tr>
<th>Age</th>
<th>Girl</th>
<th>Boy</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>Amity McMahon</td>
<td>Samuel Ticknor</td>
</tr>
<tr>
<td>13 Years</td>
<td>Alannah Skaines</td>
<td>Jacob Yourell</td>
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<tr>
<td>14 Years</td>
<td>Chloe Dunn</td>
<td>Liam Pollack</td>
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<tr>
<td>15 Years</td>
<td>Raeyah Kapeen</td>
<td>Caleb Yourell</td>
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<tr>
<td>16 Years</td>
<td>Rachael Redman</td>
<td>Jacob Harcourt</td>
</tr>
<tr>
<td>17 Years</td>
<td>Teagan Rodda</td>
<td>Aidan Yourell</td>
</tr>
</tbody>
</table>

Phil Cook – Sports Coordinator 7-12

University of Newcastle – Summer School Program
Five current Year 10 students were selected to attend the University of Newcastle’s summer school during December last year. Erica Bayliss, Jade Collins, Wil McElligott, Michael Lock and Nadas McCarrin-Cole were amongst many students who applied for a scholarship to attend the program. The lucky five stayed on-campus at the University of Newcastle and attended a variety of presentations and completed challenging tasks and activities. Nadas said “meeting the Surfing Scientist was a highlight; he cooled the carbon dioxide inside a balloon with liquid nitrogen”. Erica was impressed by the huge variety of career options presented and said “every time I went to another presentation, I thought I wanted to become that”. The students all agreed it was a very rewarding experience and encourage the current Year Nine students to apply for a scholarship to the event.

Alison McGeary- Year 10 Adviser.

Wellbeing Builder:
Mastering/ Organising Time
Wellbeing Element:
Skills and Achievement
Character Strength: Judgement
Wellbeing Fitness Challenges:
Years 7-9 – Adventure Eat,
Years 10-12 – Discovery Learning
Time is the one thing that we all have the same amount of, but it’s amazing how often we run out of it and are Time poor.

Using the Time Understandings Thinking Tool, logging their time usage over three school days under the headings is enlightening for them: sleeping, eating, showering, grooming and dressing travelling to and from school, school, hanging out with friends

Part-time jobs, jobs at home, looking after brothers and sisters
Exercising, training for and playing sport, leisure activities, TV, games and social networking.
Visiting relatives, study and home learning, church, other things
This provides them with an overview of how they spend their time.

Time wasters become much more obvious to them.

Often the largest timewaster is just wandering around between activities; basically doing nothing, nothing time.

Being mindful enables students convert it to something time; achieving something meaningful.

“To master your time is to master your life.” Alan Lakein
Last Thursday was day two of the Evans River K-12 swimming carnival, it was a spectacular site with Year 7-12 students awash in their house colours chanting their teams war-cry's. It was a tight finish with the Stingrays coming in 1st place as school champions. Well done to all our students who participated and made Evans River proud.

An important reminder from the office. Please hand in all medical forms and general permission notes as soon as possible. The information collected from these forms allows our staff to have access to the most up to date and current details for all our students. The data includes permission to photograph, scripture and emergency contact details.

We would love to establish a community garden for our Evans River families. Donations of plants and seeds or assistance with the care of the gardens would be greatly appreciated. Our goal is for the students to nurture the gardens, taking home fresh veggies and learning about the importance of nutrition along the way. Please see Fay for further information.

Congratulations to our Year 7 students, who have adjusted well to their new timetables and from all accounts are forming new friendships and enjoying their time at Evans River.

Our beautiful little Kinder students have completed their first week at big school, and have settled in well to their new classroom routine.

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Primary Assembly this Friday at 9:20am.

P&C meeting Monday 15th Feb at 9:00am & 4:30pm.

Kristen Gillespie CLO
kristen.gillespie@det.nsw.edu.au

Four of the five Year 10 Students who were selected to attend the University of Newcastle Summer School.

K-6 AWARDS Term 1 Week 1

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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<tbody>
<tr>
<td>Kinder</td>
<td>Harper, Lawrence</td>
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<td></td>
<td>Stephen, Williams</td>
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<td></td>
<td>Sophia, Hudson</td>
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<td></td>
<td>Phoebe, Fuller</td>
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<td>Year 1</td>
<td>Myriam, Weekes</td>
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<td></td>
<td>Honey, Hodder-Bell</td>
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<td></td>
<td>Savannah, Semple</td>
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<td>Sebastian, Harvey</td>
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<td>Year 2</td>
<td>Lotus, Barratt</td>
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<td>Luke, Corbett</td>
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<td></td>
<td>Shae, Fuller</td>
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<td>Caleb, Samuels</td>
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<td>Year 3</td>
<td>William, Weekes</td>
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<td>Nayt, Walker</td>
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<td></td>
<td>Tucker, Barany</td>
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<td></td>
<td>Isla, Williams</td>
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<td>Year 4</td>
<td>Kiara, Butler</td>
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<td></td>
<td>Iris, Hobbins</td>
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<td>Aidan, Arnison</td>
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<td>Liam, Graham</td>
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<td>Year 5</td>
<td>Ethan, Pepar</td>
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<td></td>
<td>Eva, Boutle</td>
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<td>Mackenzee, Moss</td>
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<td>Tahj, Hodder</td>
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<td>Year 6</td>
<td>Joseph, Harcourt</td>
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<td>Shimani, Booker</td>
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<td>Jordan, Graham</td>
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<td>Eric, Redman</td>
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Canteen Roster - Week B

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Note</th>
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<tbody>
<tr>
<td>Monday</td>
<td>15   Feb</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Tuesday</td>
<td>16   Feb</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Wednesday</td>
<td>17   Feb</td>
<td>Molly Forsyth</td>
</tr>
<tr>
<td>Thursday</td>
<td>18   Feb</td>
<td>Von Pickens</td>
</tr>
<tr>
<td>Friday</td>
<td>19   Feb</td>
<td>Help Needed</td>
</tr>
</tbody>
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UNIVERSITIES SHOWCASE
Evans River K-12 Performance Hall
Monday February 22nd February
11:30-12:30
Year 12 Students

Representatives from the University of New England, Southern Cross University, Griffith University and TAFE NSW will be visiting our school on Monday 23rd February from 11.30-12.30.

The purpose of the visit is to provide initial information regarding university and post school TAFE options. Yr 12 students will have time to talk to individual universities during the session and to collect materials. Later in the year (late July) students will have the opportunity to attend a Tertiary Information Day which will involve about 50 further training and education providers.

During the upcoming visit representatives will deal with issues that would be of interest to students including:

- the admission process
- accommodation options
- course offerings and structure
- expectations of a university student
- differences between school and further study
- scholarship types and availability
- deferring and a “gap year”
- costs

Parents and carers are most welcome to attend. If you have any questions relating to the visit please contact me during school hours on 66826666.

Chris Hayward - Careers adviser

WOODBURN WOLVES FC
SIGN ON DAYS ARE AS FOLLOWS:
FEBRUARY 13th & 20th
AT WOODBURN SOCCER FIELDS
9am-12pm

Ballina Rugby Union
2016 Registration
Wednesday 17th February 5pm
From under 8’s
$95 includes shorts, socks and shirt
Kalinga St, West Ballina
Contact Kahl Milner 0415797494

LENNOX HEAD NETBALL CLUB
2016 SEASON
Register and Pay online at
www.lennoxheadnc.nsw.netball.com.au
sign on Day Saturday 13th February
9:00 am – 12:00 pm
Ballina Netball Courts
For further information see:-
Contact – Leanne Rodgers - l.rodgers@bigpond.com

EVANS RIVER JUNIOR RUGBY 2016
SIGN ON
for boys and girls, all ages
WHEN: Wednesday 17th & 24th February,
WHERE: Stan Payne Oval
TIME: 5-6pm.
COST: $95.00 for the season.
Join us for a Try Rugby session with sausage sizzle on
2nd March, 4-30pm
Further info, contact Gary Roberts on
0418 467 953

P&C News
Our next meetings will be held on Monday 15th February. Our morning meeting takes place at 9:00 am in the Administration Building and the second meeting is held in the Library at 4:30pm.

MD Mixed Martial Arts
We have been operating in the local area for the past 8 years and all ages are welcome.

Freestyle Classes - Gain confidence, fitness, coordination and concentration within a non-aggressive fun program. Learn kicks, punches, blocks and self defence. Full curriculum to develop students from beginning through to black belts. Family discounts.

Woodburn Memorial Hall Mondays 5:30pm and Fridays 5pm
Come and See/Join, First Class Free

Weaponry - Staff (bo), sword (bokken) and escrima sticks.
Woodburn Memorial Hall Mondays 4:30pm

MMA Fit - Fun way to improve fitness, core strength and flexibility using training techniques used by martial artists.
No martial arts experience required and no need to be a member of other martial arts classes.
Beginners welcome.

Woodburn Memorial Hall Mondays 6:30pm
Call Katrina 0408 544 357 or Mark 0417 456 923
mdmixedma.com.au

LOST
Girls Pandora Ring with 2 hearts on it.
It has great sentimental value and the student is very upset about the loss.
If found please return to office