

# Newsletter

## Blue Hills College

Where Christian Values Matter

24 June 2016

Dear Parents/Guardians & Students

### Calendar

- **Year 7-10 Assessment Free Period**  
20-27 June
- **Year 7-10 Exams**  
28 June—1 July
- **Last Day of Term 2**  
1 July
- **Holidays**  
4—20 July
- **Pupil Free Days**  
18-20 July
- **First Day Term 3**  
21 July
- **Japanese arrive**  
22 July
- **Pre-kindy starts**  
25 July
- **Bonfire Night**  
23 July
- **Cultural Night**  
30 July
- **ICAS English**  
2 August
- **Parent/Teacher Interviews**  
3 August

It is nearly impossible to think that we have reached the middle of the year. Please make a note in your diaries that the first three days of term 3 are pupil free days. We had to modify our pupil free days due to professional development organised for all our staff at our head offices north of Sydney.

On a very happy note, we would like to thank all our students, parents, friends, staff and especially the Home and School Committee for a very successful Auction and Trivia Night. A lot of hard work has gone into organising this evening and it is our major fundraising event for the year. We would also like to thank all the people and businesses who made a donation to the Auction. Letters and a certificate of appreciation will be forwarded to them shortly.

We had slightly less people than last year, but there was a very good spirit amongst everyone and there seemed to be a very clear understanding that the idea was to raise funds for new sound equipment. Our Auctioneer (Pastor Tim Merritt) and MC (Dr Ian Cappe) both did a fantastic job on the night. We also had excellent participation in the Art competition.

All the expenses have not been paid yet, but we made \$7,457 plus another \$1,000 donation on the night, which is an excellent outcome. This will make a great contribution towards the sound equipment, however, we are still a long way off from the \$43,000 we have been quoted for the equipment. With the end of the financial year just around the corner, I would like to remind you that you can make tax deductible donations towards the Building Fund and the Library Fund. Please contact Mrs Harrison, should you have any questions.



# Secondary School News

## New Start Program

New Start program - Mrs Kingston and Mrs Narissa Brown (Personal Fitness Coach) have been busy with the 10+ students doing the New Start program. Students exercise in 1st period, get breakfast and lunch provided and are given a cleansing juice every day. Some students have already had significant weight loss and improved their fitness and overall health.



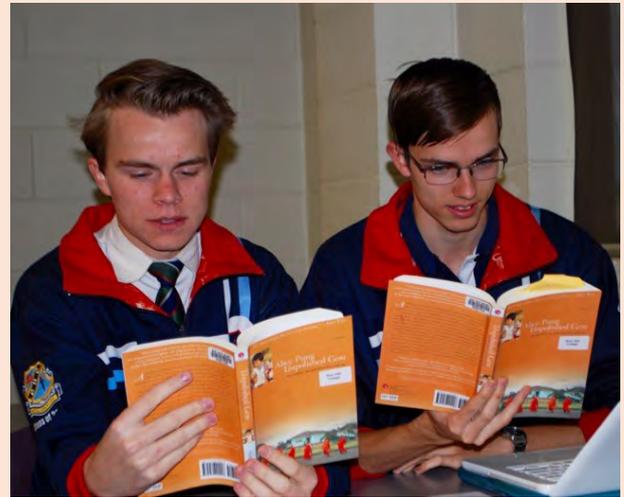
## Food Technology

Year 7 have been busy this week in the kitchen making Pumpkin soup. While this might sound easy, we all know that chopping the pumpkin up is the hard part which requires some training. Well done boys, no fingers in the soup.



## Year 12 Standard English

Boys... Reading... unheard of. Year 12 Standard English has been reading a book called "The Unpolished Gem".



The Year 12 Standard English class has been intently exploring how written texts can be used to demonstrate transitions within society this term. The students are studying Alice Pung's Memoir 'The Unpolished Gem,' in which Alice recounts her own life experiences and the experiences her relatives who migrated to Australia from Cambodia to escape the impact that Pol Pot's communist regime had on the Cambodian people.

The Memoir tells of the difficult lives of migrants coming to Australia and attempting to assimilate into a foreign culture whilst still retaining their own cultural identity. The author highlights the significant feature of multiculturalism in Australia where prejudice and racism still occur.



The Year 12 students explore these transitions and how they impact on people's knowledge, ideas, attitudes and beliefs. Mrs Neuhoff with two refugees from Myanmar whom she taught in Adelaide — Paw Paw and Taloosay Kyi. Two girls with an amazing story of survival and how they experienced Australia.

# Primary School News

## We are a Kidsmatter School — What is Kidsmatter Primary?

KidsMatter Primary is a flexible, whole-school approach to children's mental health and wellbeing for primary schools. It works both on its own and as an umbrella under which a school's existing programs can comfortably fit. KidsMatter Primary provides the proven methods, tools and support to help schools, parents and carers, health services and the wider community nurture happy, balanced kids.

### The KidsMatter Primary framework

**1 Guiding Principles:** These principles underpin the development of the initiative and its successful implementation in schools. The development of the principles has been informed by research as well as the experiences of schools undertaking KidsMatter Primary to date. The principles are not only foundational, but provide checking points for schools to review their progress throughout implementation. In this way, they serve as a navigation aid during the journey.

**2 Core components:** The four components known to have a positive impact on children's mental health are:

**Positive** school community

**Social** and emotional learning for students

**Working** with parents and carers

**Helping** children with mental health difficulties.

The selection of these four components has been informed by current evidence and expert opinion on the factors that most influence children's mental health and wellbeing. There is a particular focus on the factors schools can influence. Target areas and goals are provided under each component to help guide schools to take action in these areas.

**3 Whole-school approach:** It is now well understood that effective interventions in schools occur when all school community members (staff, parents and carers, health and community agencies) are consulted and collaborative partnerships are developed. This is particularly the case when addressing children's mental health because of the significant influences of the family and community as well as the school. A whole-school approach involves the school community systematically reviewing school practice across each of the four KidsMatter components. The review identifies strengths and challenges, and incorporates strategies into a mental health and wellbeing strategic plan. This plan sits within the school's broader strategic plan as part of the ongoing review and improvement processes.

### KidsMatter Primary is a national initiative that aims to contribute to:

improving student mental health and wellbeing

reducing mental health difficulties among students

increasing support for students experiencing mental health difficulties.

KidsMatter Primary was developed in collaboration with *beyondblue*, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and *beyondblue*.

KidsMatter Primary fosters partnerships between the education and health sectors.

KidsMatter Primary takes schools through a two-to- three year cyclical process in which they plan and take action using a comprehensive whole-school approach to mental health promotion, prevention and early intervention. It allows for flexibility and can be tailored to schools' local needs. In this way, KidsMatter Primary builds on the work schools are already doing to address the mental health of their students through national, state, territory and sector-based mental health initiatives and policies. KidsMatter Primary provides a range of resources and support throughout the implementation journey.



The advertisement features the Rainbow Region Kids logo at the top, which includes a rainbow and the text 'Rainbow Region Kids'. Below the logo, it says 'BOOK NOW' in bold. A yellow box contains the text 'LISMORE VACATION CARE Is now taking bookings for the July 2016 School holidays'. At the bottom left, there is a cartoon illustration of children playing with the text 'Play, Learn and Grow... Together!'. On the right side, contact information is provided: '0447211835 66217397', 'nrcg.org.au', and 'rrkassist@nrcg.org.au'.

# General School News

## Host an exchange student

### Share a slice of your life this July - Host a WEP exchange student!

Welcoming an Italian or French-speaking exchange student to your family is rewarding in so many ways.



You can share your family's Aussie way of life with a student from another culture, connect to your community in exciting new ways, and bring the world into your home. And for the student you welcome into your family, you're providing a once-in-a-lifetime experience they'll treasure forever.

### It's the simple things!

For our exchange students, it's the little things that make their stay so memorable: trying Vegemite for the first time, attending our high school, seeing a kangaroo, koala or cockatoo. Hosting an exchange student doesn't take anything fancy — just a warm, welcoming spirit and the love you'd give to your own family. WEP is currently looking for families interested in inviting an Italian or French-speaking exchange student this July. If this is of interest to your family, please contact Sylvia Kelly at WEP today to receive detailed program and student information: [www.wep.org.au](http://www.wep.org.au), [sylvia@wep.org.au](mailto:sylvia@wep.org.au), 1300 884 733.

## Piano Lessons

Students can access piano lessons at school. Ms Lisa Pirlo ( AMusA, LMusA, TMusA) an excellent tutor with 20 years experience offer lessons at a reasonable fee of \$30 per half hour on Tues & Wed during school hours. Please contact Mrs Pirlo directly on 0434997371 if you are interested.

## Fire Wood for sale

Lismore Pathfinder Club as part of our annual fundraiser is again able to supply your firewood needs. Cost is \$100 per box trailer load, split and delivered. To order contact Warren Lemke on 0422587624.

## BPAY Payments

You are now able to make fee payments via BPAY.

**We have received a BPAY payment on 07/06/16 with an incorrect BPAY Reference Number. Please make sure that you use the correct numbers and if you made a payment on the above date, could you please make contact with Mrs Harrison to ensure that we can match the correct person with the fee payment.**

Thank you very much for your cooperation and we trust that this new introduction will make it easier for you to pay fees.

**Please check our Facebook page for regular reminders and lots of photos!! Please 'Like' our FB page!!**

## Prayer List

At Blue Hills College, we believe in the power of prayer. Please contact us if you would like to share specific prayer requests with our staff. We ask you to join us in praying for specific individuals, both students and staff.

"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life." (Phil 4:6-7, MSG)

20 June	Connor Nish	27 June	Ben Hawkins
	Mya Oakley		Ryan Newell
21 June	Levi Rapmund	28 June	Sophie Saebar
	Holly Saebar		Brianna Tomkins
22 June	Anna Chawalliwat	29 June	David Blanch
	Bjay Cormack		Emma-Leigh Coombs
23 June	Tanelle Ellis-Towns	30 June	Georgia Finey
	Kiara Flanagan		Blake French
24 June	Zachary Fuggle	1 July	Jordan Friend
	Benjamin Hawkins		Ethan Gray
Staff	Carel Neuhoff	Staff	Eben de Witt
	Lyndon Darko		Bronwyn Tually

## Contact Us

[www.bluehills.nsw.edu.au](http://www.bluehills.nsw.edu.au)

[reception@bluehills.nsw.edu.au](mailto:reception@bluehills.nsw.edu.au)

(02) 6625 6000

17 Blue Hills Avenue, Goonellabah NSW

(02) 6625 2637

# General School News

After and before School Care for Blue Hills College Students