



OUR VISION — Mullumbimby High School supports all students to fulfil their potential and become successful, confident, creative members of our diverse community and the wider world.

Ph: 6684 2600 | E: www.mullumbimbyhs.nsw.edu.au

Term 4 | Week 4 | Monday 31 October 2022

KEY DATES

Monday 31 October

CHS Boys Cricket in Maitland

Tuesday 1 November

Yr7 Sports Excellence Boot Camp

Wednesday 2 November

Yr10 HSIE RoSA exams

Thursday 3 November

CHS Boys Cricket Maitland
Basketball Yr9 and Yr10
YES + TAFE NSW

Friday 4 November

Try a trade lendlease & TAFE
FNC Beach Volleyball Kingscliff
YES+ TAFE NSW

Monday 7 November

Last day of HSC examinations

Tuesday 8 November

Yr12 Formal Dinner Celebration

Wednesday 9 November

Yr11 Presentation

Friday 11 November

Final Yr7 immunisations

Monday 14 November

Wheelchair Sports
Sailing Excursion week

Tuesday 22 November

Yr6-7 Orientation Day (all day)

Monday 21 November

P&C Meeting at 6pm
School Base Apprenticeship &
Traineeship at 5.30pm

Monday 28 November

Yr10 Careers Work Experience

Thursday 1 December

NC Softball Lismore

Monday 12 December

Yr10 Formal

Thursday 15 December

HSC results 2022 released

Friday 16 December

Last day for students

The HSC concludes on Friday and we commend all our students for their diligence and organisation to attend and complete their examinations.

Futsal—Our U/16 Girls Futsal team continued the dominance of their division last Tuesday by winning the North Coast Title in an intense final against Bellingen. A half time score of 1-1 set up a second half tight finish in which our girls gained the ascendancy and then went on with it to take the title 4-1.

Economics and Business Educators (EBE) NSW Business Plan Competition - A big congratulations to Year 12 students Sophie Nozdrina and Luke O'Brien, who were national finalists in the recent Economics and Business Educators (EBE) NSW Business Plan Competition.

The competition had 422 entries (326 Division 1 and 96 Division 2) from 604 students across 59 schools in NSW. Sophie and Luke were in the TOP 5 for their business plan (Teppanyaki Byron). Such a great achievement!

The Community Partnerships team would love to hear from parents about what sort of events they would like to see happening around the school to bring the students, parents and community together. Please complete this short [survey](#) to help inform our planning. Thank you!

- Greg Armstrong, PRINCIPAL



Seeking Volunteer Opportunities for Students

Do you know of a not-for-profit, that is local to school that offers volunteering or could do with some extra help?

- We are seeking opportunities outside of school for students 14yrs and older to volunteer 1hr a week for either 3 or 6 months, aiding them in achieving their Duke of Edinburgh Award and gaining valuable experience working in the community.
- Supervising staff require a current working with children clearance check and be willing to play a role as their Assessor to validate their award hours.
- Hosting organisations must be not-for-profit

If so, please refer them onto connect with Dusty McOnie - Duke of Ed Award Leader via email dusty.mcOnie@det.nsw.edu.au or phone on [\(02\) 6684 2600](tel:0266842600)

Year 10 Work Experience

A reminder to all Year 10 students that the Work Experience forms need to be returned to the Careers Office by Monday 7th November.

Careers Advisers Association Conference

On Friday, Vanessa Perrin and Leanne Clarkson attended the Careers Advisers Association Conference in Sydney to learn about new career initiatives and pathways. We give huge congratulations to Vanessa Perrin who was presented with an Industry Collaboration Award.



Byron Shire School Base Apprenticeship & Traineeship Evening - Year 9 & 10 parents and students

Regional Industry & Education Partnerships are working with Byron Shire Council, Byron Bay, Brunswick and Mullumbimby Chamber of Commerce and the North Byron Business Chamber to hold a School Based Apprenticeships and Traineeship (SBAT) Evening for all Year 9 & 10 parents and students from Byron Bay HS, Mullumbimby HS and Shearwater, The Mullumbimby Steiner School.

SBATs are a great opportunity to jump start your career while studying toward the Higher School Certificate! You can:

- jump start your career,
- achieve your HSC,
- gain a nationally recognised qualification and a whole toolbox of transferable employability skills

Hear from:

- Employers
- Current School Based Trainees and SBAT Ambassadors
- Training Services
- Careers Advisers

If you would like to learn more and meet employers looking to employ SBAT'S, come and join us at the information evening. Please note all students MUST be accompanied by a parent.

Byron Shire School Base Apprenticeship & Traineeship Evening

When: Monday 21st November 2022

Time: 5:15pm for a 5:30pm start – 7:15pm

Where: Mullumbimby Ex-Services Club – Supper provided!

Register: via the QR Code by Friday 11th November



Low Income Healthcare Card

Once you have finished school you are no longer a student and you may be eligible for a Low Income Health Care Card. This card gives access to a range of concessions, not only on some health care items but also on a range of other goods and services if you are on a low income. In particular, some TAFE and other short courses may offer discounts for cardholders. You may also be eligible for public transport concessions. Low Income Healthcare Card Eligibility for a Low Income Health Care Card is based on YOUR income over the previous 8 weeks before applying. As long as your income is less than \$5,248 over that period (or \$656 per week) you are eligible to apply. You will be eligible to keep the Low Income Health Care Card as long as your income does not exceed \$6,560 (or \$820 per week) in any 8 week period. It is highly recommended that all eligible school leavers consider applying for this card once you sign out of school. Visit Low Income Healthcare Card and find out more about all the benefits, and how to apply.

P&C NOTES

Our next P&C meeting is on Monday 21 November at 6pm. We hope to meet in person as well as via zoom for our last meeting of the year.

This would be a great opportunity for any curious parents or citizens to join us to see what we have achieved over the past year as well as imagining what we can achieve for the coming years ahead. Thus please don't be shy if that's what might hold you back from attending. The meetings are really open and friendly and we would be thrilled to have new people, ideas and energy to add to our current and talented association of members.

New members are always welcome and you can download a membership form from the school website.

Questions? Comments?

Email us at mullumbimbyhighschool@pandcaffiliate.org.au

Or call Damian Farrell on 0409 994 308



The first of our two day Deep Listeners free workshops was run last Monday and Tuesday and although the extreme weather event prevented a number of people from being able to attend, there was some really positive feedback from those that did manage to attend.

The facilitator has given us dates for January to July to roll out monthly workshops, and we are still in the process of securing venues for these dates. Thanks again Cath Graeme- Cook for all the event management you are doing to make these workshops a happening thing.

Once the venues are booked we will promote the dates on the Deep Listeners webpage and you can register your interest in the workshop that suits your schedule. You will be able to register for a free workshop via the Deep Listeners website on this link <https://deeplisters.org/training-for-everyone>

The facilitator Ursula has kindly given us dates in January 2023 to run a two day workshop as we thought this may be a practical time for any teaching staff or students over 15 to enjoy the workshop whilst on holidays. Please be mindful to commit to the date you enrolled in as each workshop will have limited numbers and some-one will miss out if you decide to not show or cancel at the last minute.

This is what the workshops offer:

Participants learn techniques and guidelines to support them to be safe, compassionate listeners out in the community

Learning Outcomes: • Learn and apply techniques to consciously turn down the fight/flight response • Test and apply deep listening skills • Understand yourself and your needs as a listener and develop plans to manage your needs • Become familiar with key local support services • Learn and apply strategies for avoiding vicarious trauma • Understand what Deep Listening is and how it is achieved • Learn and apply the Deep Listeners guidelines and Code of Ethics • Learn how to get into the right mindset for deep listening • Gain an understanding of compassion & empathy, their differences and how to foster compassion • Gain an understanding of the role of the nervous system



We are very thankful to the NSW Department of Communities and Justice for the funds to run this supportive initiative for the school and broader community.

DO YOU KNOW WHAT YOU'RE VAPING?



Vaping – what parents and carers need to know

Webinar for parents and carers

Thursday, 10 November 2022, 7:00-8:00 pm AEDT

P&C Federation is co-hosting this webinar with NSW Health and the NSW Department of Education to help parents and carers understand more about the facts on the health risks of e-cigarette use (vaping). You will learn about where to find more information including the NSW Government's 'Do you know what you're vaping?' campaign and [Vaping Toolkit](#).

Webinar overview

This webinar will answer your questions about vaping:

What are the harms of vaping?

What is the impact of nicotine on young people?

What are signs to look out for to know my child is vaping?

What are the sources of support to quit nicotine (smoking and vaping)?

What can I do to support my child?

Is the sale of vapes legal? What is the situation for children under 18 years of age?

What are schools doing to address vaping?

Panellists

The following panel will be at the webinar to share information and answer your questions:

Dr Kerry Chant, Chief Health Officer and Deputy Secretary, Population and Public Health, NSW Ministry of Health

Renee West, PDHPE Curriculum Advisor 7-12, NSW Department of Education

Dr Bronwyn Milne, Head of Department Adolescent Medicine, Sydney Children's Hospital Network, Staff Specialist Paediatrician and Addiction Medicine Specialist

P&C Federation President Natalie Walker will facilitate the webinar.

At the conclusion of the presentation, there will be the opportunity for attendees to ask questions of the panel.

Register now: <https://www.pandc.org.au/vaping-webinar/>

Co-hosted by:



COMMUNITY ANNOUNCEMENTS

Lions Recycle for Sight Month

The Lions club of Brunswick Mullumbimby is collecting used prescription glasses & sunglasses during the month of October. Each pair donated will be refurbished & a person in a developing country will be able to see thanks to that donation.

Thanks to Australians who help us collect used glasses, 450,000 adults or children in developing countries, unable to see receive this free gift each year.

The gift of Sight is the most precious need of children & adults throughout the world. Become part of the greatest gift an Australian can give, 'New Sight'.

Bring donated glasses to the recycling box in the school office.

SAFER DRIVERS COURSE FOR LEARNERS

Participants who complete the Safer Drivers Course for Learners will receive a bonus of 20 hours credit recorded in their learner driver logbook reducing the total logbook requirement from 120 to 100 hrs. The Course is a combination of theoretical and practical training for under 25-year-old learner drivers who have completed 50 hours of logbook driving hours.

Monday 31st October - 4 to 7pm

Saturday 19th November - 9.30am to 12.30pm

1 Gilmore Crescent Byron Bay

Cost: \$140

CONCESSIONS ARE AVAILABLE

To book: <https://www.bys.org.au/transport>

Contact Steffie on 66857777 or email info@bys.org.au for more information.

SHOP

**FREE RETAIL SKILLS
SHORT COURSE**

@ THE
YAC

**NOVEMBER 21ST - 24TH
4 DAYS OF FUN, LEARNING
AND WORK EXPERIENCE
(12-24YO)**

ENQUIRIES: LINDYLOU@BYS.ORG.AU



MENTAL HEALTH MONTH

October is Mental Health Month in Australia and we are encouraging everyone to connect, collaborate and make time each day to focus on your wellbeing. Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities.

Visit this link <https://education.nsw.gov.au/student-wellbeing/mental-health-month>

Here is a link for Connection Calendar for Families where you can find something to connect family members around the theme of Mental Health: <https://education.nsw.gov.au/student-wellbeing/mental-health-month/explore/connection-calendar-for-families>

Northern NSW mental health and support services

headspace centres

Early intervention mental health services for young people aged 12-25, including physical and sexual health, alcohol, and other drug services

Find your nearest centre:

<https://headspace.org.au/headspace-centres/>

StandBy Support After Suicide

24/7 Support for individuals, families, workplaces, and communities that have been affected by suicide

1300 727 247

<https://standbysupport.com.au/>

Thirrili

Indigenous Suicide Postvention Service

24/7 Support for individuals, families and communities affected by suicide or other significant trauma

1800 805 801

<https://thirrili.com.au/>

NSW Mental Health Line

24/7 professional help, advice, and referral to local mental health services

1800 011 511

Head to Health

NSW North Coast

Connecting you to the right advice, information and services that is the best fit for your needs. No referral needed.

Mon – Fri 8.30am – 5pm

1800 595 212

[Head to Health - Healthy North Coast \(hnc.org.au\)](https://hnc.org.au/)

13 YARN

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN and talk with an Aboriginal or Torres Strait Islander Crisis Supporter. 24 hours/7 days

13 92 76

<https://www.13yarn.org.au/>

If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



National mental health services and support

headspace

Online support and counselling for young people aged 12-25

1800 650 890
(9am-1am, daily)

For webchat, visit:

headspace.org.au/eheadspace

For resources and to find your nearest headspace centre, visit:

headspace.org.au

Lifeline

Supporting Australians experiencing emotional distress with access to crisis support and suicide prevention services

24/7 Crisis support:

13 11 14

24/7 Text support:

0477 131 114

Online chat:

lifeline.org.au/crisis-chat/

(7pm – midnight, daily)

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5-25

1800 55 1800

kidshelpline.com.au

Beyond Blue

24/7 mental health support service

1300 22 4636

beyondblue.org.au

Mensline

24/7 counselling service for men

1300 789 978

mensline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467

suicidecallbackservice.org.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence, and abuse

1800 737 732

1800respect.org.au

QLife

LGBTI peer support and referral

1800 184 527

(3pm-midnight daily)

qlife.org.au

(Webchat 3pm-midnight daily)

If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

For digital mental health services
headtohealth.gov.au