



# The Lyrebird

Mullumbimby High School — [mullumbimb-h.school@det.nsw.edu.au](mailto:mullumbimb-h.school@det.nsw.edu.au) — Ph. 6684 2600

Principal: Mr Greg Armstrong | Deputy Principals: Mr Cameron Johnson & Mr James Clarke

## Principal's Report

Our final Lyrebird for 2022 celebrates and acknowledges our talented students and teachers, our hard-working staff and our supportive school community. 2022 has been one of our most challenging years, however, we are proud of the achievements and the continuity of everyone's engagement in learning. The wellbeing of both students and staff have been and will continue to be our focus.

Mullumbimby High School continues to be a dynamic school community where high expectations, hard work, commitment, passion and resilience enable students and staff to work together and achieve their best.

I congratulate our students on their successes with their learning, engagement, sporting pursuits and extra-curricular achievements throughout 2022. We admire their resilience and courage to continue to move forward to reach their goals. It is my hope you enjoy reading about the achievements of students, staff, and our P&C in this final Lyrebird edition for 2022.

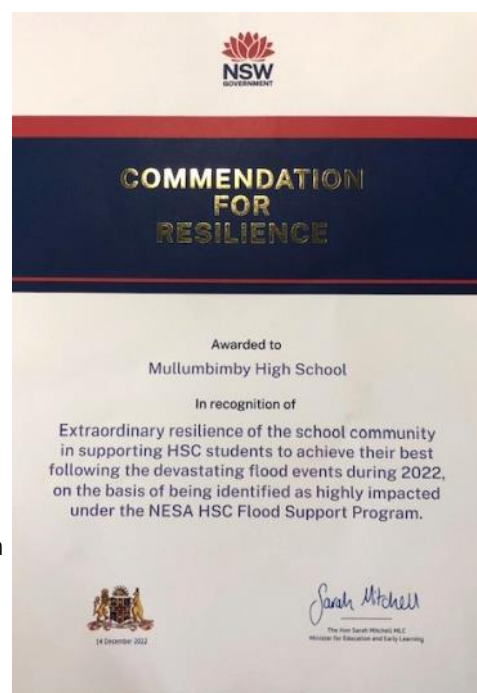
I congratulate our Year 12 students who have just completed their HSC and many of them have already received and accepted offers into the tertiary courses of their choice. Their results were available on Thursday 15 December and there have been many excellent results with 16 students on the distinguished achievers list and Max Biermann came third in the state in hospitality. Congratulations also to teachers Leah Samios and Adam Culbert.

Mullumbimby High School has received an award of Commendation from the Minister for Education, Sarah Mitchell, recognising all that our leadership team, staff, students and families have done to ensure our HSC students could be awarded the marks they worked hard, in the face of immense challenges due to flooding. Deputy Principal Mr Clarke, Head Teacher Senior Studies Ms Elliott and Captains Nalani Farrell and Matilda Thornton as well as Year 12 student Eivissa Sydney travelled to Sydney this week to receive this award in person. The awards was presented in a special category at the 2022 HSC First in Course ceremony.

NESA CEO Paul Turner also congratulated MHS on behalf of the NSW Educa-



Our school team receiving the Commendation for Resilience Award from The Minister of Education in Sydney on Wednesday 14 December. Pictured here L to R: Eivissa Sydney, Ms Toni Elliott, Matilda Thornton, Nalani Farrell and Mr James Clarke



tion Standards Authority (NESA), to express their heartfelt respect and admiration for our outstanding commitment in guiding our school community and in particular our HSC students, through an incredibly challenging year.

These inaugural awards have been established by The Honourable Sarah Mitchell, Minister for Education and Early Learning, to acknowledge the resilience and dedication of schools faced with extraordinarily challenging circumstances. Those challenges extend from enduring natural disasters to facing and overcoming unprecedented events.

I wish to thank our staff for their hard work and dedication to our students, their learning and wellbeing at MHS. I wish to congratulate our students on their successes and achievements. Many of those great, amazing and even extraordinary achievements are celebrated in this newsletter. I wish to thank our parents and carers for their on-going support and commitment to our school. Finally, I wish to make special mention to the school's P&C, led by their President Mr Damien Farrell, who have worked so hard this year to support our school with the incredible post flood fundraising, with over \$40,000 raised for our students through "Just Giving", a \$50,000 grant for wellbeing initiative to benefit families and staff, and finally the recent successful grant to upgrade our tennis courts to competition level surfaces – all greatly appreciated by the staff and students of our school.

The remediation and betterment process is now well underway. The internal demolition is almost over and the renovations will commence in the holidays to hopefully be completed by Semester Two 2023. Our school will not only be remediated, but also improved beyond all expectations will have immense benefits to both students and staff.

I wish all our school community a happy and safe festive season and holiday.

— Greg Armstrong, PRINCIPAL

## ANOTHER GREAT NEWS

We are thrilled to announce that Head Teacher English, **Siboney Saavedra-Duff** is the recipients of the 2023 Bell Shakespeare Regional Teacher Mentorship. Those selected teachers will be joining the Company for specialist training at Bell Shakespeare HQ, in Sydney, in May and June 2023. On return to their school they will receive support and mentoring from the Company for one year. Congratulations Sib from all of us at Mullumbimby High School!

## BACK TO SCHOOL

Year 7, Year 11 and Year 12 students start on Tuesday 31 January 2023 at 8:50am. All other years start on Wednesday 1 February 2023 at 8:50am.

All **NEW** enrolments require an appointment. Please call the office to set one up from Monday 30 January at 8:30pm.

## TERM DATES IN 2023

TERM 1 — Friday 27 January—Thursday 6 April (students back at school on Tue 31 Jan. and Wed 1 Feb.)

TERM 2 — Monday 24 April—Friday 30 January (students back at school on Wed 26 April)

TERM 3 — Monday 17 July— Friday 22 September (students back at school on Tue 18 July)

TERM 4— Monday 9 October— Tuesday 19 December (students back at school on Mon 9 October)



## DISTINGUISHED ACHIEVERS HSC LIST FROM MULLUMBIMBY HIGH SCHOOL

- Max Biermann—3rd in NSW for Hospitality
- Daisy Morgan
- Charlotte Archibald
- Nalani Farrell
- Eivissa Sydney
- Ginger Clarke
- Hamish Pitman
- Hugh Morgan-Foxon
- Noah Klugman
- John Harry
- Matilda Thornton
- Scar Michie
- Frankie Sanderson
- Briana Foster
- Nikki Fuller
- Adel Pheloung

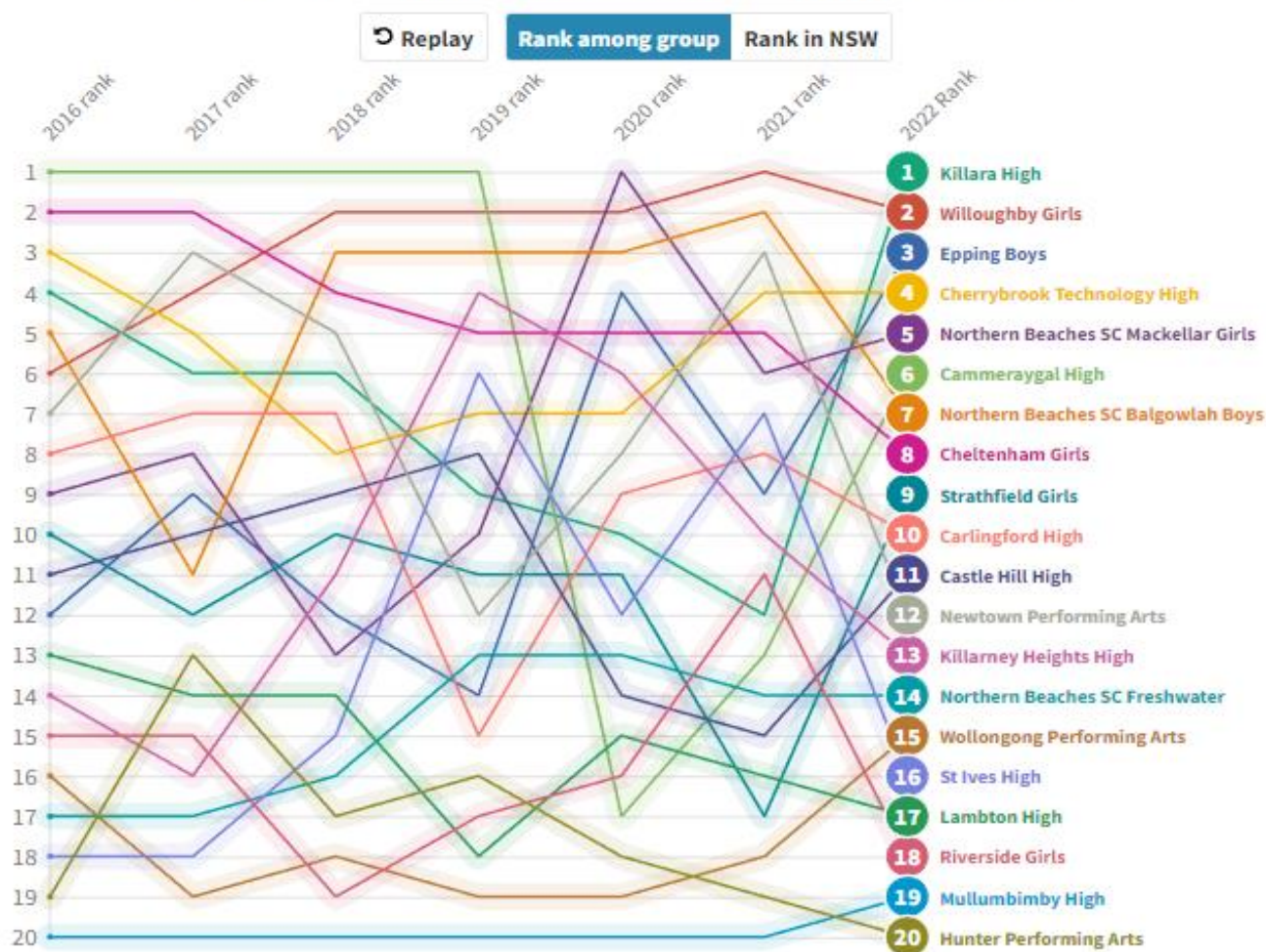
The HSC Results are in and there are many great results. I wish to convey my congratulations to each head teacher, teacher, support staff, and faculty.

There are 80 Band 5 and 37 Band 6 results - 31% of students achieving in the top 20% of the state. More than 60% of our students achieved a Band 5 or a Band 6 result in at least one subject. 10 students (out of 63) achieved ALL Band 5 and Band 6 results.

It is important to note this is a story of 'inspiration', not 'being saved' by NESA. Many of the examination results were higher than the school assessment results. This is pertinent as it means our students have excelled in many instances beyond our expectations and against the challenges they faced throughout their year of study.

We have also ranked amongst the 20 top comprehensive public schools and we are the only regional school!

### HSC 2022 Top comprehensive public schools



Source: NSW Education Standards Authority

A Flourish chart



## P&amp;C NOTES



The year 2022 will certainly go down as very memorable one for the high school community. We changed the way we worked, we played, how we interrelated and how we responded to Mother Nature through some significant challenges like the flood on the 28<sup>th</sup> February and the continued health issues and protocols around Covid-19.

These challenges not only brought trying times but they also brought opportunity and change. Some organisations and individuals thrive on change and adapt readily to new circumstances. Some persons find "change" daunting, even quite stressful. What was beautiful about our school, our community and our region was the way that organisations, services, neighbours, friends, colleagues and strangers supported each other, particularly the more vulnerable in the community.

There is no such thing as a problem without a gift in its hand and we experience these problems in order to receive these gifts (Richard Bach). To this ends, the P&C did receive many gifts throughout the year. We established a Go Fund Me platform through Just Giving soon after the flood and it was heart-warming to receive over \$40,000 in donations from other charity groups, schools individuals and families in our community as well as across the state and the country. We really felt the love sent to our school from past students not just sending money but messages of how much the school meant to them. It will be a beautiful thing if our current students are able to look back in years or decades to come and have this same feeling of connection to their school.

Later in the year, we received a magnanimous Flood recovery grant of \$50,000 from the Department of Community and Justice to deliver free Deep Listener workshops to the school and broader community. These workshops have been rolling out since October and will continue monthly in the first half of the year. There has been really positive feedback from those that have participated in the workshops to date.

Our January workshop is specifically targeted at school counsellors and teachers from our school as well as across the region. The two day free workshops from February will be facilitated by either the Deep Listeners Network or the We Al Li organisation. Both organisations provide a really informative, engaging and supportive experience for participants. It gives participants the confidence, the language and improved skills of supporting friends, neighbours, even strangers who have been affected by the flood. It delivers awareness of how to work with people who have experienced trauma through an event without being affected by vicarious trauma yourself. We will continue to promote the workshops through the school newsletter and promote the registration process through the Deep Listener and We Al Li webpages.

Last week (6/12/2022), we received an early Christmas present. Our Community Building Partnership (CBP) grant application lodged in May for the resurfacing of the asphalt tennis courts across the road from the school admin building was successful. When the Deeds of Funding are signed off with the Department of Community and Justice we will receive \$64,596 to put in a multisport synthetic turf so that numerous sports from soccer, netball, tennis, hockey, cricket and others can be played safely and happily on the courts. We are very thankful to Department of Community and Justice for this funding as well as a possible contribution from Department of Education to have all four courts resurfaced in the coming year. Our Mullumbimby High School P&C are also contributing \$5000 towards the overall costs of \$120,000 to have all four courts prepared and resurfaced with this quality multisport synthetic turf. This will be an asset to the school and the community for several decades to come. Given our dramatic weather most years it is a great alternate training venue for sports teams when the local ovals and playing fields are too wet to play or train on. Ideally down the track our vision or dream may be realised to have the courts covered with a roof and lights installed so that sports can be played in all weather conditions as well as after hours. Thank you so much to all the local supporting clubs that wrote support letters for our grant application and particularly to Sharon Scriven from the Mullumbimby Brunswick Valley Football Club (MBVFC) who put in a lot of time and effort into our grant application as well as offering such salient advice.

Our P&C this year has 31 members and I would like to thank and acknowledge them for supporting the school, and in turn their children, through their participation on the P&C. If you were to ask them individually, what it was like to be a member of the P&C, you would likely get a broad and diverse range of response because we are an eclectic and



diverse group of people. Yet, likely in common, most would say it was a very rewarding and positive experience that was not too taxing or tiresome.

We would like you to think about joining or rejoining our P&C in 2023. We are a voluntary based group of interested parents and citizens that provide a very important function and support to the school. We work positively with the school and broader community to achieve and deliver worthwhile and important services or resources to the school. The P&C needs to keep re inventing itself as parents and families move on and new students and families enter the school. You too, can play a contributing part to this reinventing, reinvigorating, refreshing aspect of the evolving nature of the P&C Association. After three years as the P&C President I will step down from the role at the AGM in March next year and look forward to supporting the P&C and the new executive team as an ordinary member whilst my children complete their secondary education. It has been a wonderful and rewarding experience to lead the association and I have found it particularly enjoyable and relatively easy because of the support I have received from the members of our P&C and the P&C Federation, the school, the staff, the SRC and the broader community.

Our P&C relies on the revenue we raise from the Uniform shop to deliver much of the material resources and sponsorship we provide to the school. Behind the scenes a tremendous amount of work and coordination goes into the logistics of ordering, stocking, selling and transacting the uniforms that the students wear. We really appreciate your support when you purchase the uniforms and hope that you find it convenient to buy it from the school. Mostly we appreciate the amazing effort, pride, time and love that the Uniform Shop Coordinators, Wendy Fisher and Caterina Barry put into the smooth running of the service. They worked particularly hard this year especially after the flood when we gifted over \$7,000 worth of uniforms to students and families affected by the flood. The P&C similarly donated about \$6000 of canteen vouchers to students impacted by the floods.

There is always an opportunity to help out in the Uniform shop so if you have some time on a Monday morning to contribute, we would love to hear from you.

I would also like to thank the amazing executive team that I have worked with over this year. I am just a figurehead for all the work we do collectively, in the spirit of doing what we can, where we can and with what we have. Thank you to our Executive team of:

- Cindy Alice, Vice President
- Caterina Barry, Vice President and Uniform Shop Coordinator
- Lhasa Morgan, Treasurer
- Tom Alletson, Secretary
- Soenke Biermann, Executive Member
- Andy Graeme-Cook, Executive Member
- Wendy Fisher, Uniform Shop Founder and Coordinator
- Cath Graeme-Cook, Event Manager Extraordinaire

And to all the members that helped with the Just Giving Fundraising platform and celebration at Trawlers this year. Finally, I would like to acknowledge what a quality Principal Greg Armstrong has proven to be. He works tirelessly on numerous complex activities and yet always gives his time and support and positive energy to our P&C association. He keeps us well informed in meetings as well in between meetings. Greg will be quick to acknowledge how well he is supported in turn by his own executive team and staff and we also acknowledge what a caring, committed and professional team the staff at MHS are.

We wish all the students and families a safe, joyous and fun Christmas break and look forward to supporting the school community when we all return in the New Year.

Warm regards,

Damian Farrell  
President, Mullumbimby High School P&C Association

**The next P&C meetings for 2023, if you would like to mark them in your calendar will be in:**

Term 1, week 3 on Monday 13<sup>th</sup> February 2023

Term 1, week 7 on Monday 13<sup>th</sup> March 2023

## UNIFORM SHOP NEWS

The uniform shop is run by volunteers from the P&C and is open during school time on Monday mornings from 8.30AM to 9.00AM for anyone after uniform items and to process online orders. You can contact them by email [mullumuniforms@gmail.com](mailto:mullumuniforms@gmail.com) or [order online](#)

Hemp polos are available in our uniform shop. Pop in any Monday morning or place your order online at <https://mullumhigh.wixsite.com/mullumhighuniforms/online-store>

Students will be notified at school to pick up their orders from the office once they're ready.

## SPECIAL TIMES FOR THE UNIFORM SHOP DURING THE HOLIDAYS

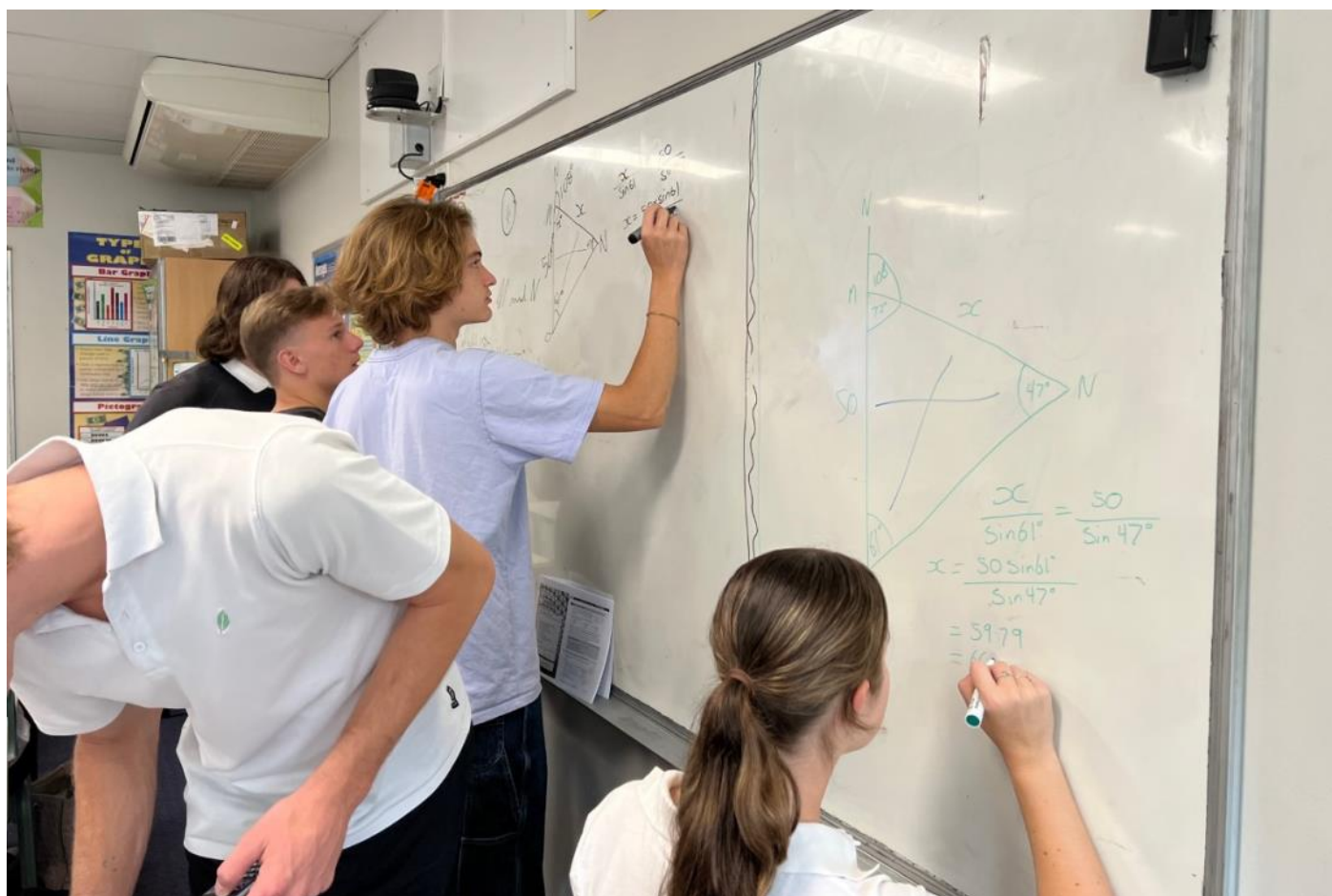
This is a note to let you know the uniform shop will be open on the following dates and times:

- 9.30am to 11:30am on Saturday 28 January 2023
- 8:00am to 11am Monday 30 January 2023 (pupil free day); and
- 8:00am to 10.30am on Tuesday 31 January 2023 (first day of school)

## MATHEMATICS

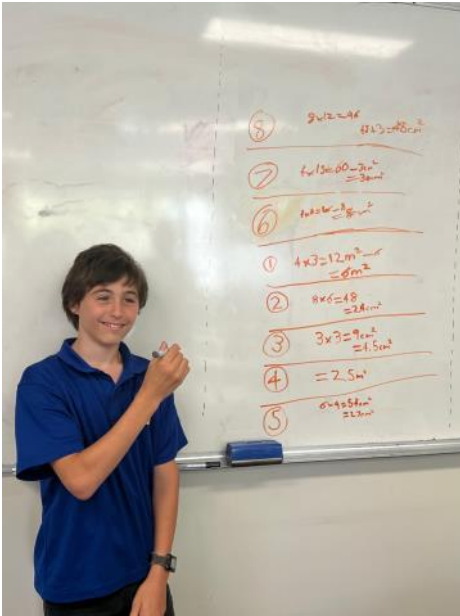
Throughout Term 4 Mathematics students have been involved in a variety of learning styles, including the use of vertical learning spaces and games based learning and problem solving.

Seen below are students learning individually and collaboratively at the whiteboards:





Below students are engaged in the mathematical problem solving game of Mabble:



Students in Year 7 Maths 4 undertook a discovery unit around fractals and platonic solids, culminating with the class creating a Christmas tree for Mr Armstrong's office.

It incorporated the use of the Sierpinski Tetrahedron and Merger Sponge as well as a Koch snowflake star.





## FAR NORTH COAST MATHEMATICS OLYMPIAD

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6 Year 8 and Year 9 students formed 4 teams and participated in the FNC Maths Olympiad. Students were challenged with a variety of complex mathematical tasks and problems in 4 events over the course of the day (Ping Pong, the Number Puzzle, Group Numbers and the Team Relay). The day involved lots of engaging conversations around strategy and solutions.

As well as having their minds challenged by the questions and each other, the students also enjoyed pizza for lunch....mmmmm.



It was such a successful day for our Mathematicians with the following results:

### Year 8

Team A - 1st (in their year as well as overall)

Team B - 2nd

MHS was the overall 1st school for Year 8





### Year 9

Team A - equal 1st

Team B - 4th

MHS was the overall 2nd team for Year 9



In total, Mullumbimby HS ranked first for the combined years. Well done and congratulations to all Maths Olympians . You represented our school and yourselves admirably.

— Janelle Molyneux, Head Teacher Mathematics



## STUDENT REPRESENTATIVE COUNCIL



Last week, the Student Representative Council (SRC) had its final meeting (and lunch) for the year.

The SRC met every fortnight to discuss any student suggestions and establish plans regarding upcoming events and or projects.

We were privileged to have Oliver Arthur-Andrews a former Mullumbimby High School student and School Captain come in to address our SRC members in Week 9. Oliver provided an insight into the projects he led in his time as captain, his role on the SRC, and his life after school.

I would like to thank all members of the SRC for a fantastic year!

— Celeste Grennan

## INDONESIAN

We've had an awesome term in Indonesian to finish of 2022. All students have tried Indonesian foods, explored contemporary Indonesian culture and media and tried their hand at Indonesian games and pastimes like *congklak* and *biji bekel*.

Year 11 students began their HSC courses and have applied themselves diligently and consistently to have completed their first HSC Assessment Tasks - Selamat!

In Year 7 we learnt about families and students created slideshows introducing us to their imagined Indonesian families using all of the vocabulary they've learnt so far in 2022.

Every student has worked so hard this year and I couldn't be prouder of their efforts. I'd like to wish every student and their families a safe and wonderful holidays, I'll see you all in 2023 - Selamat Berlibur!

— Sophie Mount, Teacher



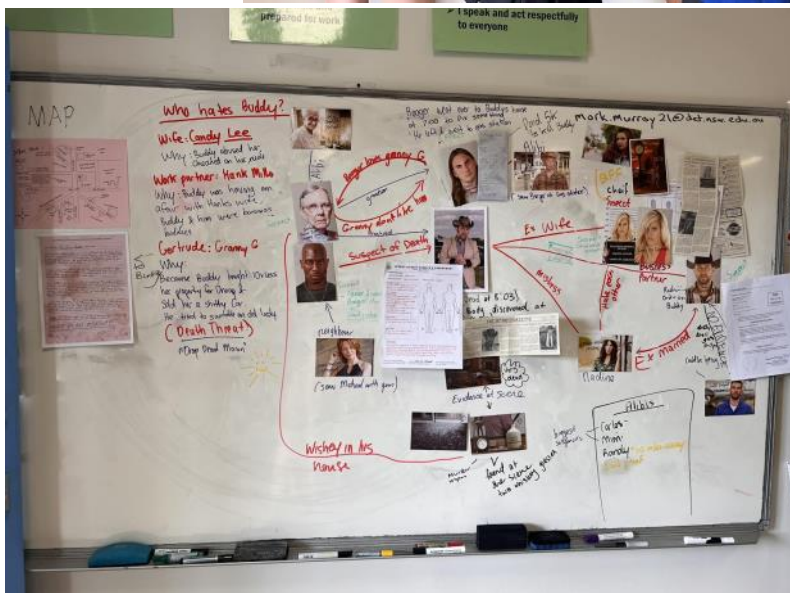
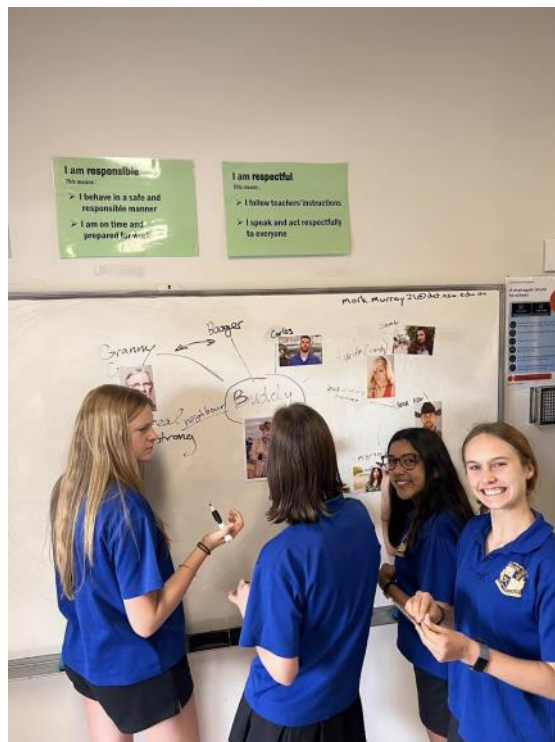


## HUMAN SOCIETY AND ITS ENVIRONMENT (HSIE)

HSIE classrooms have been alive this term with students learning about WW2, Water in the World, Ancient China and Egypt and Biomes. Students have worked hard to broaden their knowledge of the humanities and explore world issues through completing coursework and deep discussions and debates. In Year 7, students developed their historical skills of source analysis, Year 9 students produced their own incredible WW2 propaganda posters and Year 10 students even ate crickets! Year 9 Legal Studies students became detectives solving crimes and lawyers and judges in mock trials!

Our Year 11 students have commenced their HSC studies and completed their first HSC assessments in Ancient History, Business Studies, Legal Studies and Modern History with a confidence and calm that is emblematic of their year group.

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).







Year 10 Geography has been studying sustainable biomes.

This term, students from Miss Smith's and Miss Grennan's classes had the opportunity to try crickets. If you eat 100 grams of crickets, 60 grams is pure protein.

Identical servings of chicken will only yield 31 grams, and dried beef only has 43 grams.

— Celeste Grennan, HSIE Teacher

## SOUTH PASSAGE EXCURSION



Dear families!

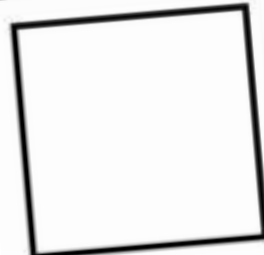
We departed on the South Passage voyage on the 14th of November and returned (in 1 piece) on the 18th. From the moment we got on the boat the staff were welcoming, helpful and made us feel at home. Each day we were separated into 3 watch groups where we had to steer the ship, keep lookout for other boats and make sure that all the sails were working smoothly.

The students sailed to beautiful islands each day where we swam with turtles, snorkelled with fish and slid down steep sand dunes. One big surprise on this voyage was the quality of the food, I kid you not, this stuff was insanely delicious and prepared with love.

Apart from South Passage being an extremely enjoyable trip, we also learned so many valuable life lessons. We learned how to tie at least 2 knots a day, we got better at teamwork and communication and overall, as a group, got much closer.

This trip was like nothing we had ever experienced and we wholeheartedly recommend it to any upcoming classes.

Love,  
Montannah and Lev.



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Mullumbimby High's Breakfast Club has been going from strength to strength in 2022. Despite all the obstacles we have faced as a school this year, with help from the Mullumbimby IGA, Woolworths, The Mullum Bakehouse, Kellogg's, the Esau family, and our staff volunteering, we have fed a nutritious and tasty breakfast to many of our students every Wednesday morning.

Here's to 2023!

#### *The Breakfast Club team*

PS: The Breakfast club runs every Wednesday mornings before school and all students are welcome to come and get something to eat before school starts.

Pictured here is Mr Staples serving breakfast to students.





Pictured here: Teachers and helpers are serving breakfast to students before school every Wednesday. The “menu” of available choices is listed on a white board for easy selection.





## BASKET BALL



On November 3rd 2022, our Year 9 and Year 10 Mullumbimby Boys basketball team competed in the Northern Rivers Basketball Gala Day at the Cavanbah Centre, Byron Bay.

The team had a fantastic day out, showing off their skills and sportsmanship. After a gruelling day of basketball we were named “runners-up”.

Our team went undefeated until the grand final. Our performance in the grand final was hindered by a tough schedule, as it was our 3rd game in a row. Mullumbimby High School is very proud of the effort displayed by every member of the team.

— Jackson Meaney, Teacher



## FAR NORTH COAST BEACH VOLLEY BALL



What a terrific day our MHS students had at the recent FNC beach Volleyball championships.

We selected 2 junior and 2 senior boys and girls' teams to take to Kingscliff beach. All of our teams played with pride and dedication and represented our school with honour.

The biggest standout for us as teachers was the great team spirit shown within these 4 teams. They clapped and cheered each other on until the very end of the day.

It was a privilege to take these students away and they should be very proud of the way they conducted themselves.

— Adam Culbert and Max Binkley



## TECHNOLOGICAL AND APPLIED STUDIES (TAS)

It has been an exciting semester for the technology faculty at our school. We have seen our teachers take on new challenges and push the boundaries of what can be achieved in the classroom.

Adam Culbert has been teaching CAFS, where the Community and Family Studies students have been conducting research into the topic 'Does mental health issues affect a child's learning in High School'. They have conducted various interviews and completed an online survey and collated quite a bit of data. The Hospitality students have had an amazing semester in which they have catered at the Mullumbimby Agricultural Show and been busy honing their skills on the coffee machines. They are fast becoming excellent baristas. What a fantastic group of students!

Ashleigh Lynch has been busy teaching Textiles, with a focus on costumes, bucket hats, dresses, and wall hanging, as well as giving students a taste of the culinary arts.

Leah Samios has been sharing her expertise in cooking, food technology, and WHS with her students, while Aaron Madritsch has been teaching Timber, Construction, and Design and Technology, with a special focus on wooden boxes, designer Lego people and grandfather clocks. Aaron has also designed and shown his awesome skills with a baby cot with change table.

Matt Green has also been teaching Timber and Design and Technology, but he has also been taking his students on a journey into the world of Engineering, with bridge building challenges and lessons on hydraulics and sustainable tiny homes.

Dave Steedman, our resident technology expert, has been teaching Digital, Computers, and Multimedia, as well as introducing students to the exciting world of VR and Robotics. Students in Game Design and Development have been putting the finishing touches on their projects, including Tower Defence, VR, 2D platformer and even Flight Simulator games.

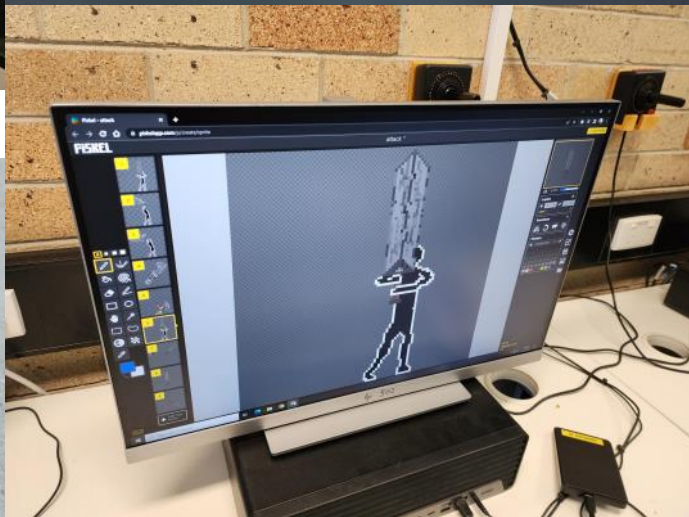
And finally, Anthony Pentecost has been teaching a wide range of subjects, including Technology mandatory, Digital, Cooking, and Timber. We thank Anthony for lending a hand at MHS in 2022.

Overall, it has been a fantastic semester for the technology faculty, and we are looking forward to what the next year will bring. We are confident that our teachers will continue to inspire and challenge our students, helping them to achieve their full potential.

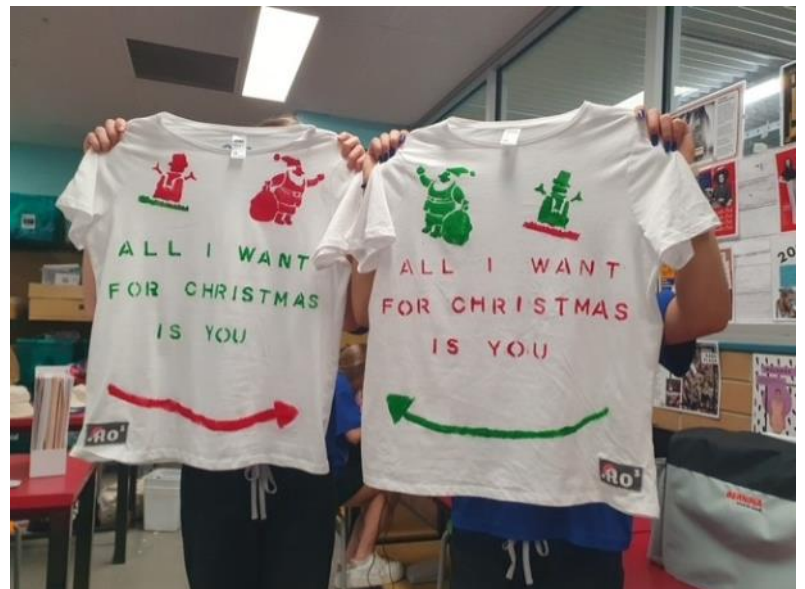
— Adam Culbert, TAS Head Teacher



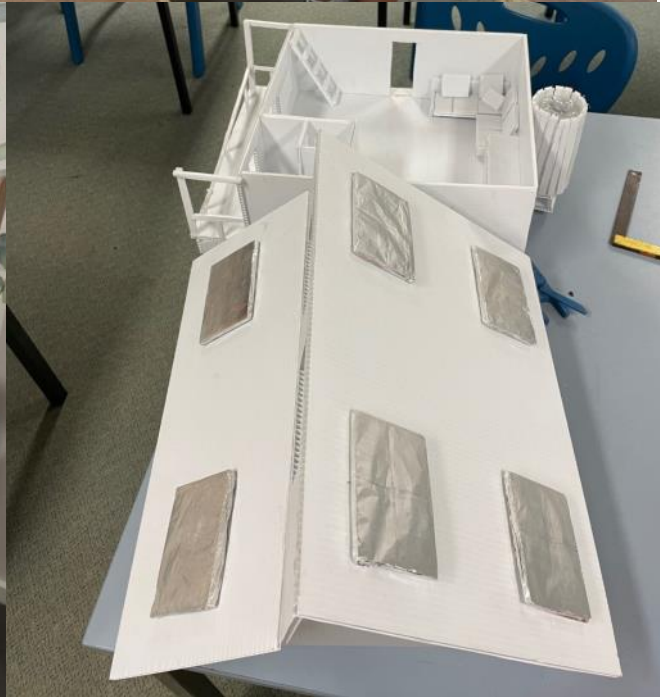
This Mazda Miata was created using the Blender 3D modelling software and then printed using the school's Resin 3D printer.















Designer Lego people



The hospitality team helped out at this year's Mullumbimby Show where they looked after the catering inside the Agriculture food hall.



## FROM THE WELLBEING TEAM

It has been a year of extraordinary challenge, change and renewal, as we continue to strengthen and embed our whole school wellbeing initiatives for students, their families and staff.

During Term 4 of 22', Year Advisors updated their Youth Mental Health First Aid accreditation and in 2023 our Student Support Officer will be offering students certificate courses in Teen Mental Health First Aid; as well as supporting young people to come together through the delivery of Seasons for Growth, a program by Good Grief and Mackillop Family Services, to share their experiences of change and loss, having been impacted by so much change through 22'.

Our Duke of Edinburgh Award Centre are proud to congratulate six students who completed their Adventurous Journeys during the terms South Passage voyage, and who have together completed over 120 hours towards their Bronze Awards. We look forward to a new intake from student in years 9-11 in the new year and to see these students moving beyond into their Silver Award.

From the Wellbeing Team and Student Support Officer, we wish everyone a safe and happy summer break. While our team takes a break, services for families and young people are still available.

Social Futures - **Reconnect** assists young people (12-18 years) who may be at risk of becoming homeless due to the breakdown of family relationships. Reconnect provides counselling, mediation and practical support for young people and their families.

**Getting it Together**, an early intervention program for 12-25 year olds to find opportunities for positive change in their lives. [1800 719 625 [socialfutures.org.au](https://socialfutures.org.au)]

**headspace National** are hosting online education sessions for parents and carers across NSW who are supporting young people during school holidays. Session dates will be listed on Event-brite: [bit.ly/3UVkYQM](https://bit.ly/3UVkYQM) or email of more information [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

— Dusty McOnie, Student Support Officer





## Personal Development, Health and Physical Education (PDHPE)

This term, the students in the Sports Excellence program experienced a wide range of activities including Sports Nutrition workshop, Weight training sessions in the gym, a Boot camp session at Brunswick Heads beach and Wheel-chair Sports at the Cavanbah Centre.

In Year 7 Sport we started the term with a walk around the Cape Byron headland and then our students completed a rotation of activities. They participated in Kayaking on the picturesque Brunswick River, high intensity Boxation with Pete, tennis coaching with club coach Steve Gort and Swimming activities at the pool.

In PDHPE this term, our Year 12 Sport, Lifestyle and Recreation and PDHPE students have spent time in the gym looking at weight training and investigating the different energy systems and training methods used in a variety of sports. This included pushing their limits in the battle rope challenge.











Walking to the light house or paddling on the Brunswick River —  
Year 7 Sports





## SCIENCE — MARINE STUDIES

Marine studies students spent the term conducting field trips to Brunswick Heads to study the estuarine and beach environment.

The teacher has been using the beach as a whiteboard while explaining the process of longshore drift and how engineering structures such as break walls affect the coastline.

— Mr Cristhian Colli



Marine students are also in the lab learning about temperature and water density - a major contributor to ocean currents such as the East Australian Current.





## CREATIVE AND PERFORMING ARTS (CAPA) — MUSIC

Music has been thriving at MHS this term with the Music rooms at lunchtime permanently booked out with student bands. It has been inspiring to see these students forming bands and enjoying music. Our Music students have treated our school and community through performances showcasing a variety of musical repertoire at school and community events. Students have performed across genres including Blues, Classical, Rock, Australian Music and Pop. Students have been performing on piano, vocals, guitar, bass, drums and trumpet with some students choosing to perform as a solo or duet whilst others worked collaboratively, across year groups, to form a band or ensemble. All performances were outstanding, all students should be incredibly proud of their achievements, the CAPA teachers certainly are! We applaud their efforts!

Our Music in Schools partnership with the Northern Rivers Conservatorium of Music continued to enrich our music students with one-on-one music tuition. This program has been providing students with the opportunity to gain additional musical lessons on instruments of their interest and will be continuing in 2023.

Congratulations to our Year 11 music students who completed their preliminary music. Their performances reflected the passion and commitment they have shown throughout the year. We wish these students all the best in their upcoming HSC year and future musical endeavours.

Our Year 9 and Year 10 music students have showcased their outstanding musical skills through a range of performance and composition tasks. They have used the skills they have learned throughout the year to arrange musical repertoire into small ensemble performances and record their performances in a studio setting.

Year 8 have been learning to compose music. Students have been exploring small ensemble and electronic music production composition techniques. Students have learned the art of lyric writing and demonstrated high levels of imagination and originality as they created their own musical hooks to make their composed songs catchy and memorable. Students have learned music production techniques as they have learned to use Digital Audio Workstations for record and produce their compositions.

Year 7 have been learning about the topic Music of a Culture. Students learned Spanish guitar melodies that have been performed for their teacher and their peers. Students have explored various cultures around the world, learning about the instruments and musical characteristics within each culture's music. Students have also developed their aural listening skills as they have learned to identify and discuss the Texture of musical repertoire.

— Joshua Sharp, Music Teacher



Tyler San Thiago



Kambriel Brandon and Darci Winter



Students in the school studio rooms: Daniel Gorjos and Fletcher Meaclem, Quinn Harding, Jakob Miller-Mancy and Joshua Black-Simpson



L. to R. — Darci Winter, Kambriel Brandon, Jazmyn Kilduff, Quinn Harding, Jakob Miller-Mancy and Joshua Black-Simpson

In an all-expenses-paid trip to Sydney on November 24, seven students from Mullumbimby High School and seven other flood-affected Northern Rivers High schools were given the opportunity to see a matinee performance of the Schools Spectacular and tour the backstage area to meet some of the cast and crew. With the majority of these students having been through some really trying times this last year, it was such a pleasure to sit back, relax and enjoy some amazing performances from all that NSW schools had to offer and with 4000 students involved, it definitely did not disappoint.

Throughout the two 12-hour bus rides and the full jam-packed day spent in Sydney touring the Homebush stadium and surrounds, I must say that I was proud to be a teacher from the school that these students were from. These students displayed such amazing behaviour whereby even the Holiday Inn, where we stayed, genuinely complimented us on the superb behaviour and manners all of the students demonstrated. Well done to all the students and let's hope this inspires some Northern Rivers talent to be in the concert next year!

— *Matthew Green, Teacher*

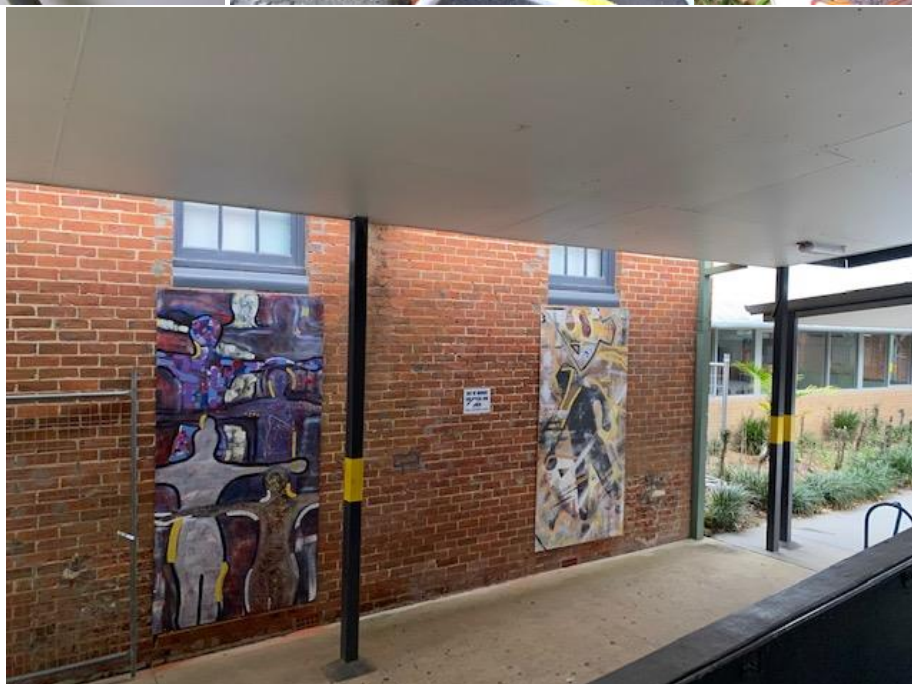
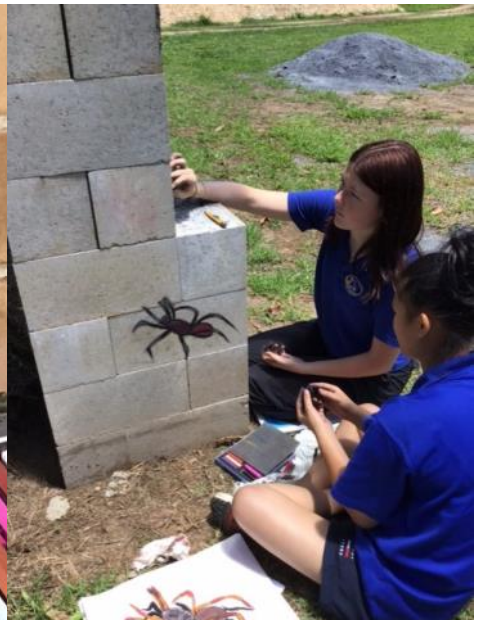


## CAPA — VISUAL ARTS

Year 10 Visual Art have been learning about various types of Street Art and Graffiti Art. They have been working across the school creating serendipitous artworks, inspired by site. They have painted a 8-meter-long mural, inspired by the views of Mullumbimby. They also created a series of large-scale abstractions which are now hung on the exterior wall of the Music block for all to enjoy. We are very proud of our incredibly talented art students.









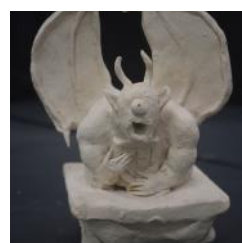


The Visual Art and Film and Video courses for Year 11, 2023 are providing opportunity through HPGE initiatives with an intensive program in week 9 to engage the incoming senior students with skills and expectations that will have them prepared and enthusiastic for their Preliminary year.

The Film and Video program will have students experience a production shoot, explore equipment and investigate the editing software as a motivator for their foundation unit.

The Visual Art program provides a variety of media investigations to familiarise the students with techniques and artistic direction in developing their creative confidence and imagination.

Year 9 Ceramics & Sculpture students have been learning about Gothic Architecture and developing their hand building skills by making these Gargoyles and Grotesques.







## Year 9 film still shots



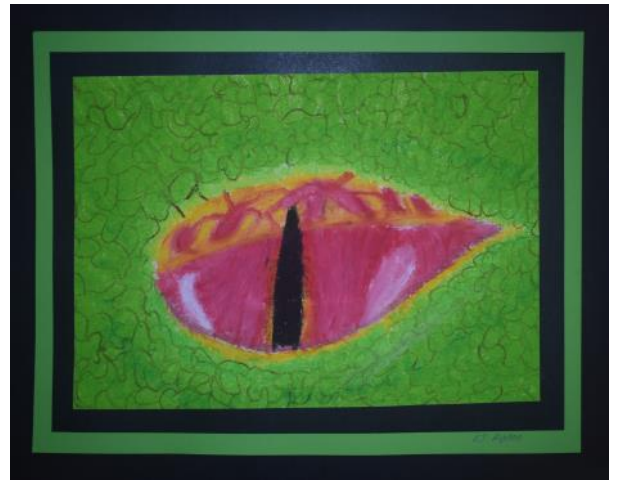
The Year 9 Film class have been in production this term on their Sci Fi parody, "Spacedashians".

The film, scripted and produced by the students is a pastiche of reality TV shows, "The Kardashians" and "gogglebox" in a homage to the original series "Lost in Space". Lots of collaboration in both performing and crew roles have provided a fun and connecting experience for this creative class.





Year 7 have been studying Jeff Koons 'Puppy' and making their own animal inspired artworks. Here are some close-up studies of eyes, using wax pastel and clay models of dogs.





## CAPA & SPECIAL EDUCATION — STUDENTS WIN BIG AT BANGALOW ART SHOW

It was a proud moment when we heard the news Visual Arts students from Mullumbimby High School won a fistful of awards at last month's Bangalow Show. The budding young artist's work was hung in the arts and crafts categories alongside many other exciting works from all over the community.

They entered the beautiful baskets they had created at School after studying the Tjanpi Desert Weavers along with colourful paintings inspired by 'The Australian Stock Horse', this year's show theme.

Their art works were a stand out, with Millie Clements winning first prize for her large basket in the craft category as well as 'Craft Champion of the Show' for the 13-18 division.

Beau McKenzie took out first prize in the 'Mustering up the Strays' painting category as well as scooping 'The Art Champion' prize for 13-18 years.

Highly commended prizes were also awarded to Guygum Roberts, Phoenix Dwyer and Sebastian McGregor and MHS merits awards were won by all entrants.

The community response was nothing short of impressive and MHS would like to congratulate Bangalow Show for putting on a remarkable event after three years of closure.

We are very proud of our students achievements and we want to congratulate all winners along with all students who entered.

Well done everyone!

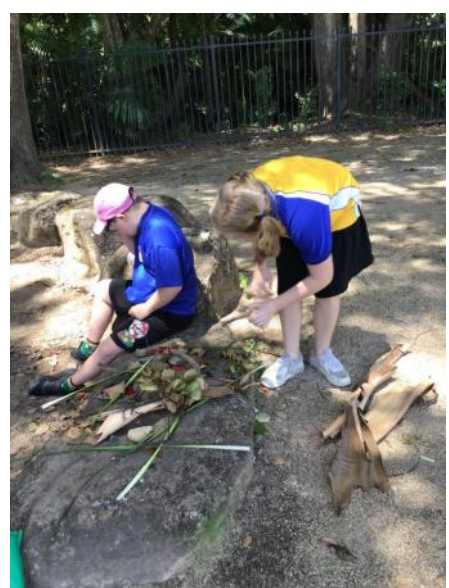
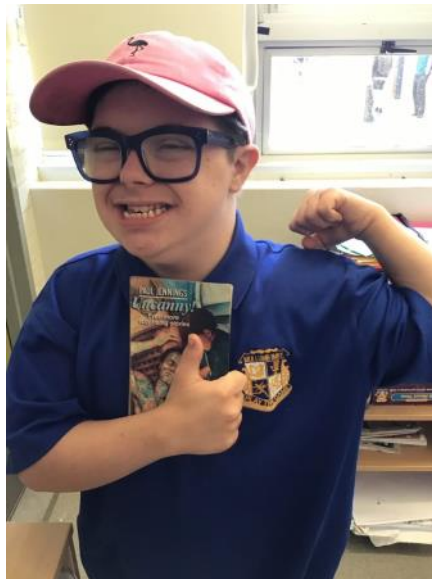
- Karen Preston, VA Teacher





## SPECIAL EDUCATION

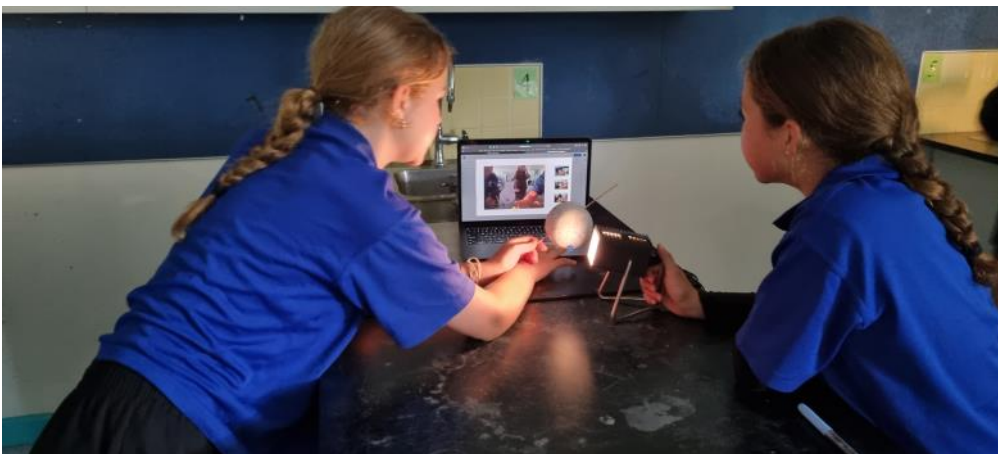
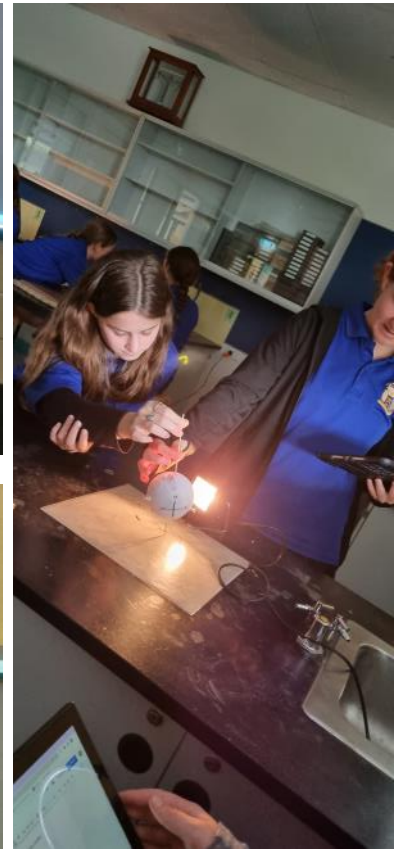
Our students have been busy reading and participating in rock art design activities.





## SCIENCE IN YEAR 7

7B Science students have been modelling the seasons, as well as day and night for the topic Solar System.





## CAREERS PROJECT — BUILDING A BARBECUE



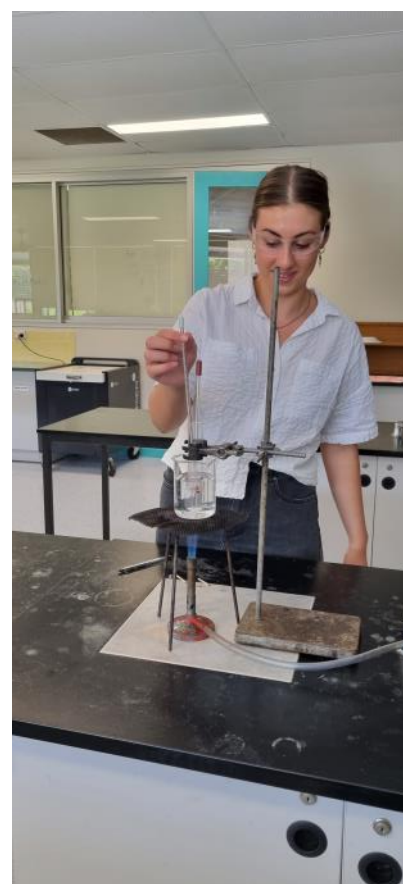
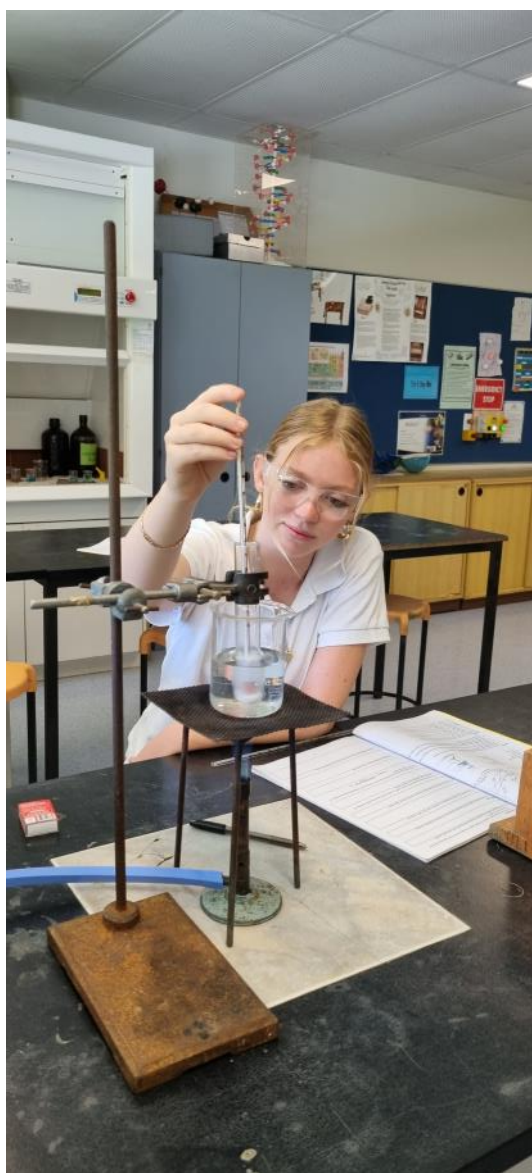
Thank you to TAFE NSW Kingscliff, Mr Rodney Anketell, their trainer, Williams Building Supplies in Byron Bay for donating the bricks, James Hardware Mitre 10 Mullumbimby, Ward Landscape Supplies and Bunnings in Byron Bay.





## SCIENCE IN YEAR 12

The HSC Chemistry students were deriving the solubility curve for potassium chloride as part of their study of Solution Equilibria.



## ENGLISH

It's been a busy term and end to the year, and yet also such a fun and satisfying time, not to mention how much they have all grown as people over the course of the past 12 months.

And today, as I type, our Year 12 students' HSC results have been released and we could not be more proud of their efforts! For a relatively small regional school that has experienced all manner of challenges in the past few years - including the devastating floods of this year - their results are a testament to their commitment and resilience. Moreover, our average Mullumbimby High exam scores in English subjects were either equal to, or higher than, the state averages. We're so chuffed!

Wishing you all a wonderful summer break and a healthy and happy start to 2023,

— *The English Faculty.*

**Year 7** have been delving into the world of the Hero's Journey and applying it to some well known films, such as Harry Potter and The Philosopher's Stone, Spirited Away and Spiderman: Into the Spiderverse.

**The Hero's Journey and Film Study of Harry Potter and the Philosopher's Stone**

**Year 8** have evolved into hardcore advertising executives and created excellent print, packaging and radio advertisements and pitches.

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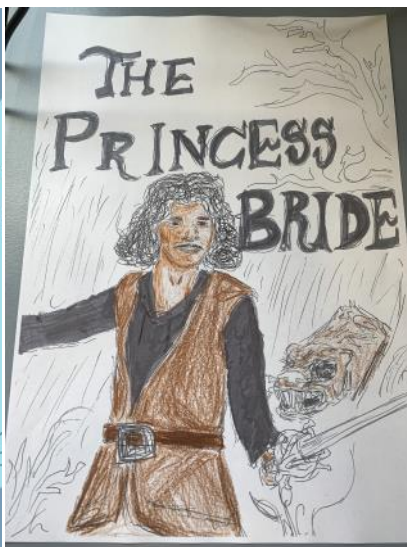
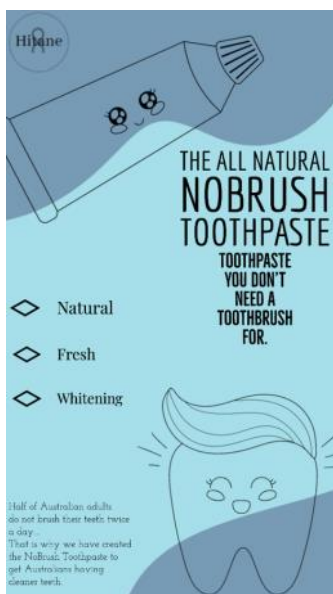
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**WORKOUT**





**Year 9** have completed a genre study. Two classes have particularly enjoyed pulling apart *The Princess Bride* and discussing whether it conforms to the fairy tale genre or not. It doesn't?! Inconceivable!

**Year 10** have worked hard in preparation for their ROSA exams and have then enjoyed reading some classic novels while learning to apply critical literary theory to their chosen novel.



### Favel Parrett

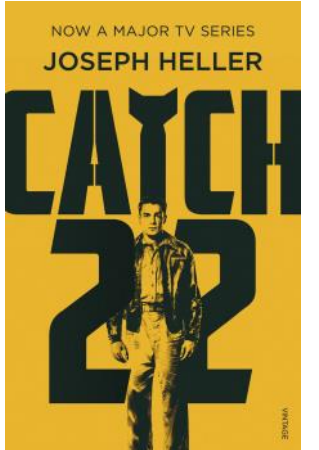
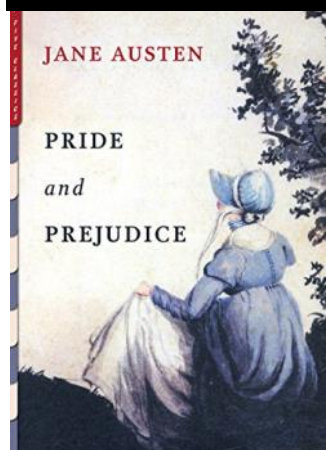
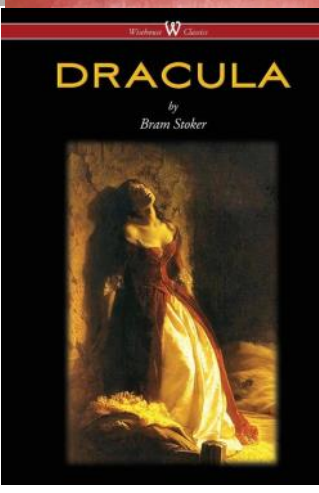
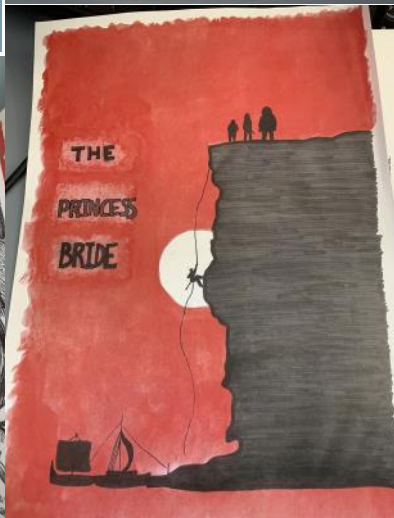
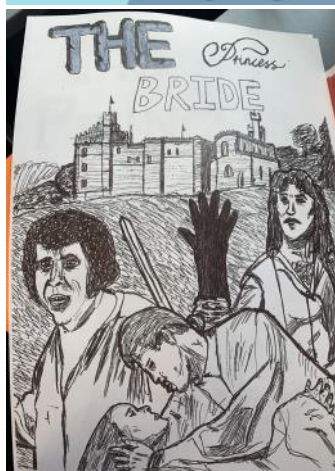
Year 12 Standard English were fortunate in having the author Favel Parrett conduct a presentation via zoom on her novel *Past the Shallows*. Her generosity in spending precious time with us to impart her knowledge was invaluable to our students as they begin their HSC journey.

Ms Parrett expertly related the connections between her story and our first HSC Module: 'Texts and Human Experiences'.

She gave us personal insights into her vivid creation of the characters and the beautifully dangerous coastline of southern Tasmania where the characters daily face the terror of diving for abalone on the edge of the great Southern Ocean.

Students furiously wrote notes in anticipation of adding depth to their essay drafts, but ultimately came away wiser and with a deeper understanding of this well-loved text.

Many thanks to Favel Parrett :-)







## FUTSAL

In what became a busy year of futsal for Mullumbimby High School, the all-conquering U/16 Girls team finished off the year with a trip to Coffs Harbour to contest the CHS North Coast Title. With all the adversity that this year brought to the futsal program, what these girls have achieved has been nothing short of amazing.

For this mission, we also had the formidable presence of Alisa Tomasella who, having finished her National Premier league season with Gold Coast United with a grand final win, had the time and energy to lend us a hand. Alisa has the talent and commitment to take her game to any level and is always a pleasure to work with. Her attitude is first class and I wish her all the best in her football future.

Breezing through the first round in Coffs against Woodenbong, the girls played the final against Bellingen High who have featured in the final for many years now. Knowing they deserved this one yet also knowing it would not come easy, the girls set about the task with their usual solid defence headed by the amazing Henrietta Barry who with her fabulous application to the task at training and in every match has taken her game up several levels this year. She now owns her part of the court and has become the bane of opposition attacks.

A one all scoreline at half time set the scene for a thrilling second half. Mullumbimby were the first to score after halfway through the half with a trademark goal from Rhianna Browning from a very tight angle. Rhianna has made a habit of scoring these goals this year and has become playing two years above her age all year including at Nationals.

This set Mullumbimby on a winning path from which they did not waver with a brilliant team goal finished off superbly from captain Macey Donnelly and the cream on the North Coast cake supplied by another piece of magic by Lilly Donnelly both of whom are yet to turn 16 as well.

Mullumbimby took home the North Coast Title 4-1 in a dominant performance from all involved. This makes it 3 Titles, 5 Finals and a semi-final at the Scholastic Nationals for this wonderful team this year that began with flooded hall.

The team this time was Ella Brittain, Macey Donnelly (c), Henrietta Barry, Monet Shortland, Alisa Tomasella, Lilly Donnelly, Kaliyah Browning, Honey Mowbray and Rhianna Browning.

Thank you girls. This year was a real highlight. Go Mullum! — *Brian Hedge, Coach*



**YEAR 12 2022 — BREAKFAST AT THE UNITING CHURCH**

As is customary at the end of Year 12, students were invited to a breakfast morning hosted by the Mullumbimby Uniting Church. This was a wonderful occasion to acknowledge their years of schooling and wish them well as they start the next chapter of their life. Thank you to Paul Dent, our SRE teacher, for organising it.



## THE FLOOD, THE MUD AND THE LONG ROAD BACK...







The back oval was filled with water from the river overflow. The school library was covered by water and this is a picture taken after it was safe to enter the school. Since, the library is under reconstruction.







The rescue team's and ADF extraordinary efforts and the cleaning, assessing and sorting!







The School Library and the School Hall under reconstruction to create a safe and healthy environment after the flood.



Assessing the extend of work to be done to the classroom floors destroyed by the flood.

HSC exams this year were held at the Mullumbimby Rugby Club as our School Hall was under reconstruction after the flood.





## FROM THE WELLBEING TEAM

As we move into the holiday period, we wanted to make you aware of the supports that are available to your young person when they are not at school. Changes to routine can be hard and your young person may experience times when they feel a range of challenging emotions such as sadness, stress, or lonely.

During the holidays we encourage you to check in/yarn with your young person. It can be helpful to let them know that you are available to speak with them if they ever need. You may also like to encourage them to stay connected with friends and family, look after their physical health and engage in the activities that they enjoy.

If you notice that your young person may benefit from chatting with someone, we encourage you to make them aware and support them to access services. This may be engaging with your local headspace centre, GP or access online or telephone supports through eheadspace (1800 650 890) or kids helpline (1800 55 1800). Please note that you can also call these numbers to help guide your support, alongside parentline (1300 1300 52).

### Apps and websites for support:

- My Compass <https://www.mycompass.org.au/> This is a resource created by Black Dog which creates personalised support for mental health. This is focused on providing psychoeducation and skill development. This website can be used by staff and students.
- Mood Gym <https://moodgym.com.au/> An online resource that can help support and manage symptoms of mental health challenges.
- eheadspace <https://headspace.org.au/eheadspace/>, 1800 650 890 Online access to a mental health clinician via telephone or webchat. It can be encouraged that students create an account with eheadspace, so that if they have to use this when distressed this is not a barrier for use. Parents can speak with a clinician for help supporting a young person.
- Reachout <https://au.reachout.com/> Tools and resources for stress management and mental health support strategies.
- CalmHarm <https://au.reachout.com/tools-and-apps/calm-harm> support develop strategies to deescalate when feeling distressed. It can be encouraged for students to download, or for use in classroom or advisory group. This can be used for staff and students. Use can be encouraged when not distressed, to establish the use and learning of a helpful coping strategy. Can also be used after an incident, in the hope to long term replace or at least challenge, maladaptive strategies.
- Parent Line <http://www.parentline.org.au/>, 1300 1300 52 A resource to support parents to manage concerns with supporting their young person

### HELP SEEKING RESOURCES FOR SCHOOL HOLIDAYS

- Be You support services infographic access [here](#) (and attached)
- [13YARN](#) Aboriginal and Torres Strait Islander Support – Crisis line

## Secondary Schools

- headspace [How to stay healthy over the holidays](#)
- headspace [Tips for a healthy headspace](#)
- headspace [Healthy headspace Action Plan](#)
- headspace [How to help a friend going through a tough time](#)
- Reach Out [Helping friends](#)
- Reach Out [Ways to chill for cheap](#)
- If your friend is not okay click [here](#)
- e-headspace flyer click [here](#)
- How to handle a tough time, [PDF here](#).
- You can find a variety of other headspace factsheets [here](#).

It can also be useful to have some information available about what to expect when receiving support online or phone, such as:

- Reach Out's video about ['What happens when I call a helpline?'](#)
- Reach Out's factsheet ['How to call a helpline'](#)

## Secondary Schools Work and Study Support

- headspace Work and Study Programs support 15-25-year-olds to plan a career, find employment or work towards further education access here: [Work and Study Program](#) and [Career Mentoring Program](#).
- This information would also be helpful for parents of Yr. 12 students

## Families

- Headspace [Keeping healthy over the holidays - for friends and family](#)
- [Parentline](#) NSW (1300 1300 52) has tips and advice around a range of topics that can assist parents in supporting young people. Information relating to older children [can be found here](#)
- [Head to Health](#) is a go to place to help you find information, services and resources to help yourself or your young person.
- Reach Out has [tips to support teenager wellbeing](#)
- Beyond Blue has some tips on [Supporting healthy home and habits](#)
- [Beyond Blue](#) also has some practical tips on how to start conversations when you are worried about your young person



## SCHOOL ADMINISTRATION

### SCHOOL PHOTOGRAPHY

If you have missed out on ordering school photos or they got damaged during the floods you can visit their website and organise ordering them online directly: <https://www.theschoolphotographer.com.au/>

### ABSENT, LATE OR EARLY PROCEDURES

**If your child is absent from school, let us know they are safe.**

Phone: 6684 2600 Email: [mullumbimb-h.school@det.nsw.edu.au](mailto:mullumbimb-h.school@det.nsw.edu.au) Office Hours: 8:30am to 3:30pm - Monday to Friday



**Coming in late?** School starts at 8.50am including senior students. If students arrive after that time and miss CARE, please call the school to explain why they are late or provide a note. All students who have missed roll-call (CARE) need to come to Student Services to inform us of their arrival at school. Parents will be notified by SMS of the late arrival of their student with no explanation.

**Leaving early?** Only valid reasons approved by the Principal will be authorised. This note should be at Students Service before 9am and a leave pass will be processed. We highly encourage for appointments to be organised outside of normal school times or during school holidays.

**Messages to students.** Please call before 2pm. Only urgent messages will be passed on to students. Thank you for your support. It is important for students and school that all family and after school activities are discussed before school starts.

### MOVING? CHANGING PHONE NUMBER?

Change of Contact Details? Have you changed your email address or phone number? Has your family situation changed? Please remember to let the front office know immediately if your contact details change. In the event of an emergency with your children at Mullumbimby High School, it's critical that our records are up to date so that we can reach you quickly. Please contact front office staff to check details and make changes. Ph. 6684 2600



### HOLIDAYS DURING SCHOOL TIME

A reminder to our school community that the NSW Department of Education requires that parents arrange holidays during school vacations.



If your family holiday is during school time, you will need to inform the School Principal in advance and submit a permission to leave from the school.

An application for leave should be provided at least two weeks prior to departure. Ask our office for an "Application for Leave" BEFORE the holiday.



# Every Minute Counts...



When your child misses just...	that equals to...	which is...	and therefore, from kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year	Over 2 ½ years of learning

***Your child's best learning time is at the beginning of the day...***

**Check the time your school starts.  
DON'T BE LATE!**



## **NEW PROCEDURE FOR STUDENT ATTENDANCE MONITORING AND FOLLOW UP AS IT IS A LEGAL REQUIREMENT.**

As of Term 1, 2023 we are implementing a new follow up for any whole day and partial absent that have not been explaining on the day.

- **WHOLE DAY ABSENT** – On day of absence, a SMS text asking to explain absent will be sent to parent.
- **WHOLE DAY ABSENT** – Next day, a reminder email will be sent asking to explain any outstanding unexplained whole day absence from the day before.
- **WHOLE DAY ABSENT** – Monday the next week, a 2<sup>nd</sup> reminder email will be sent asking to explain any outstanding unexplained whole day absences from the week before.
- **PARTIAL ABSENT** – Day of partial absence, an email will be sent asking to explain partial absence.
- **PARTIAL ABSENT** - Next day a reminder email will be sent asking to explain any outstanding unexplained partial absence from the day before.
- **PARTIAL ABSENT** – Monday the next week, a 2<sup>nd</sup> reminder email will be sent to explain any outstanding unexplained partial day absences from the week before.

Thank you for your cooperation with our new procedure with attendance monitoring and follow up requirement. Any questions or concerns, please call the school.

Mr Greg Armstrong,  
PRINCIPAL

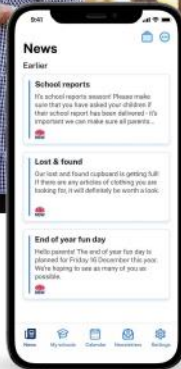


## COMMUNITY ANNOUNCEMENTS

NSW Department of Education



## NSW Education Parent App



Never miss an important school update or event.

The NSW Education Parent App makes it easier than ever to stay up-to-date with the latest information from your child's school. Get instant access to school communication from your mobile phone, with the ability to tailor content to your needs.



Download the NSW Education Parent App

education.nsw.gov.au

### Features

- School newsletters, latest news and upcoming events
- Personalise your school feed by year group e.g. Year 1 and Year 6
- Push notifications and instant alerts – know immediately if there's a change to the school's operational status
- Advanced security and privacy



## GERRIC for Gifted Students Program

Helping bright young minds thrive

January 2023  
Online & on-campus

We are excited to announce that our GERRIC Student Programs will return in January 2023! Our Scientia programs will be run both online and on-campus to provide students with the choice of what works best for them. This is a school holiday program that expands the minds of bright, inquisitive individuals looking for an intellectual challenge that is more demanding and more fun than they may sometimes experience at school.

All courses are 3-day workshops. Registration will be available from 10 November 2022.

**Junior Scientia: Years 3 - 6**  
The Junior Scientia program is designed for gifted and talented primary school students in Years 3-6. To participate in the program, students will select one three-day workshop from a range of options.

**Scientia Challenge: Years 7 - 10**  
The Scientia Challenge program features a range of exciting workshops taught over three days designed for gifted and talented high school students in Years 7-10.

All workshops are developed and presented by experienced teachers who are qualified or experienced in gifted education. They possess the expertise and skills to encourage the interests and pique the curiosity of gifted children.

Developed and led by practising experts, the workshops follow a university-style investigative structure with intellectually stimulating content. With the level of study aimed two years higher than the students' grade level, these dynamic workshops offer gifted students a rigorous and challenging program.

Follow the QR code for more information about our program

Scholarships Available!  
Contact us: [gerric@unsw.edu.au](mailto:gerric@unsw.edu.au)

# REFLECTIONS

**FREE FOR YOUNG PEOPLE**

FACILITATED SESSION REFLECTING ON 2022  
INFORMING A NEW YOUTH THEATRE PRODUCTION

## WEDNESDAY DECEMBER 7<sup>TH</sup>

ST. JOHN'S PRIMARY SCHOOL HALL - 4:45 - 6:30 PM (Food provided)

**BOOKINGS ESSENTIAL 0403 023 693**

PROUDLY SUPPORTED BY WOMEN'S VILLAGE COLLECTIVE



## BYRON BAY LIBRARY

21 December 2022 to 30 January 2023

A showcase of 24 interactive exhibitions from the National Science and Technology Centre in Canberra

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Questacon - The National Science and Technology Centre  
Ring Edward Terrace, Canberra, Phone 061 2 6270 3000  
Open 9 am - 5 pm every day, Closed 25 December  
Admission: Free entry



[www.questacon.edu.au](http://www.questacon.edu.au)

Richmond Tweed Regional Library  
Connect. Discover. Escape.

Australian Government

Questacon  
The National Science and Technology Centre



## COMMUNITY ANNOUNCEMENTS

**LEVEL UP!**  
AND HAVE SOME FUN THIS JANUARY!

Skills for the game and life!  
• Biomechanics for optimal movement  
• Mindset  
• Game Skills and strategies  
• Self regulation & recovery  
• Self optimisation  
• Nutrition and performance  
• AND SO MUCH MORE

**OPTIMISE ME BASKETBALL CAMP**

**24-25TH JAN**

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10-15 YRS  
9 am - 3pm Tues / Wed  
Ballina Indoor Sports Centre

**Coaches:**  
**Kellie Coates**  
State League Basketball  
23 yrs Coaching youth basketball  
Level 1 NSW basketball coach  
P.T & Human Movement specialist  
Youth mindset and Empowerment coach  
**Sammi Johnston**  
NCAA Basketball  
Athlete & Psychosocial recovery coach

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January 17-18th

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- Biomechanics
- Goal setting
- Teamwork

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Pilates  
ZUU  
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Footwork/balance/stability  
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Human movement Specialists  
Youth empowerment and leadership coach  
Psychosocial recovery coach

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[kellie@preventconsultants.com](mailto:kellie@preventconsultants.com)

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LENNOX HEAD CWA HALL  
Amazing school holiday activity for GIRLS 10-13yrs

Scan for tickets

0432662050  
[bigpicturehealth@gmail.com](mailto:bigpicturehealth@gmail.com)

[WWW.BIGPICTUREHEALTH.COM.AU](http://WWW.BIGPICTUREHEALTH.COM.AU)

**NUYOU TWEEN RETREAT**

This one day retreat will feature the following:

- Nourish your mind, body and soul : nutrition and mindfulness activities
- Unleash your girl power: physical activity made fun
- Your day your way : mindset, planning for success, and team building
- Open your mind: creative activities and challenges
- Uncover your best self: live your best life and find your girl gang

Kellie is a health coach with 23 years experience teaching and coaching young people, 15 years of fitness industry experience and she is a mum of a Tween! This retreat day is designed to be holistic, challenging, fun and educational.

**SPECIAL GUEST - AMY QUITORIANO - NUTRITIONIST**  
[WWW.MADESIMPLYNUTRITION.COM.AU](http://WWW.MADESIMPLYNUTRITION.COM.AU)

Lunch and snacks provided - created on the day by the participants with Amy

Bring a hat, water bottle, and a change of clothes, sports shoes or covered footwear, and a gratitude attitude!

FRIDAY 20TH JAN 2023: 9-3PM  
LENNOX HEAD CWA HALL

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## supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

### Where:

Online webinars.

### When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

### How do I register?

Click the link to register for a session via Eventbrite: [bit.ly/3UVkYQM](https://bit.ly/3UVkYQM), or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

### Need more information?

Email us: [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au).

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