



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 2 | Week 7 | Monday 5 June 2023

Dear Parents/Carers,

Sydney Excursion — Our school captains, May Morgan and Luke O'Brien, were fantastic ambassadors of our school as they attended the Civic and Citizenship program at NSW Parliament House to learn about the system of governance, including the role of the Governor of NSW which they also met. They interacted with other schools representatives and government leaders. Thank you to Ms Celeste Grennan for travelling with them to Sydney.



Push-up Challenge — Day 1 on June 1st of the push-up challenge saw staff and students participating this month in an effort to put a spotlight on the mental health issues affecting everyday Australians and help reduce the stigma. May and Luke lead the way and started strong! <https://www.thepushupchallenge.com.au/>



School Athletics Carnival — We had a great athletics carnival on Friday with great results. The food was catered by the SRC and Year 12 hospitality students.

Reconciliation Week — Brunswick Heads Primary School enjoyed the participation of Scott Sentance, our Aboriginal Education Officer, for coming along to their reconciliation assembly and speaking to the whole school community on what reconciliation means.

He also donated the colouring books he has created as prizes for their colouring-in competition. The children were very excited to listen to him and to have both schools connected in this way.



- Greg Armstrong, PRINCIPAL

KEY DATES

Monday 5 June

Futsal and Basketball Training
P&C Meeting at 6pm

Tuesday 6 June

Yr8 & Yr9 Women's' Group
Sports Excellence Boot Camp
Special Ed Support Network @3:30pm

Wednesday 7 June

Yr7 & Yr10 Women's' Group

Thursday 8 June

Yr9 Geography Field Trip in Byron
One Vision Music Video Workshop

Friday 9 June

TAFE YES+ Program
Sports Excellence Weight Training
FNC Table Tennis @Wollumbin

Monday 12 June

King's Birthday - Public Holiday

Tuesday 13 June

South Brisbane Futsal Titles
Future Leaders Workshop

Girls Softball

Yr8 & Yr9 Women's Group

Wednesday 14 June

Yr6 Transition Afternoon at 1:20pm
FNC Athletics @Cudgen

Thursday 15 June

Yr10 Gold Coast Museum Excursion
One Vision Music Video Workshop

Friday 16 June

EPP TAFE Yes+ Program
NC Cross Country @North Byron
HTANSW History Study Day

Wednesday 21 June

Wheelchair Sports

Thursday 22 June

Careers Health Pathways SCU

Monday 26 June

Year 8 Camp at Lake Keepit Week
Yr11 Work Placement Week

Friday 30 June

Last day of school in Term 2

Every Monday

Chess Club in B7 at 2.30pm

Every Wednesday

Sports for Year 7

Every Thursday

Sports for Year 8

Homework Club 3pm—4pm

Every Friday

Breakfast Club 8:20am—8:45am

TERM DATES

Term 3: Monday 17 July – Friday 22 Sept. (Students start Tue 18 July)

Term 4: Monday 9 Oct – Tuesday 19 Dec (All students & Staff start Mon 9 Oct)

Our School's tennis courts have been updated with a synthetic turf and will soon be ready for handover.



NORTH COAST YOUTH VAPING TASKFORCE

Information for Parents and Carers

TALKING ABOUT VAPING WITH YOUNG PEOPLE



Start with information

Get the key facts, learn the basics about vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.



Approach it calmly

You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



Don't make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.



Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'



Don't exaggerate

Make sure you are honest with them about potential harms and avoid exaggerated statements.



Focus on health and explain your concerns

Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

For more resources for parents and carers visit [Mid North Coast Local Health District Youth Vaping](#)

A REMINDER — All students arriving **LATE** (after 8.50am) should **ALWAYS** sign themselves in at Student Services with a note or a phone call from parents explaining the reason for their lateness.

Requests for an **EARLY** leavers note (before 3pm) from parents with a valid reason should be dropped in or called in **before 9:30am** to Student Services. Leave passes will be handed to students at recess so they can leave the class for their appointment before the end of school.

Kindly support your student to organise all after school plans **BEFORE school begins to allow them to be fully engaged in their school work without any interruptions.**

P&C NOTES



Parents, Carers, and Local Citizens:

Get ready to be part of something extraordinary at Mullumbimby High School! The Parents and Citizens Association (P&C) invites you to join us in supporting our exceptionally talented students. Your involvement can make a significant difference, and we can't wait to have you on board!

Connect with our passionate P&C President, Amy Colli, to discover how you can contribute and learn more about the exciting initiatives planned for 2023.

To ensure everyone's warmth, convenience and safety, we currently hold P&C meetings twice a term via Zoom. However, as the school construction works near completion, we are thrilled to announce that in-person meetings will also be incorporated into our schedule. This means you'll have the chance to connect face-to-face with like-minded individuals who share your commitment to our students' success.

Now, here's the best part – joining the P&C is both fulfilling and affordable! For a nominal cost of just \$2 per annum, you can actively participate in shaping the future of our school community.

Join us tonight (Term 2, Week 7: Monday, June 5th, 2023, at 6pm) for the second P&C Meeting of the term! To secure your spot, kindly RSVP to Amy Colli using the contact details provided below:

Contact Information:

Email: mullumbimbyhighschool@pandcaffiliate.org.au

Phone: Call Amy at 0429 804 890

Don't miss out on this opportunity to make a genuine impact on our students' lives. Join the Mullumbimby High School P&C and become an integral part of our vibrant and supportive community. We can't wait to meet you!

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

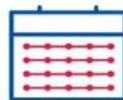
they miss weeks per year

and years over their school life

1 day per fortnight

=

4 weeks



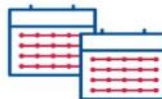
=

Over **1** year missed

1 day per week

=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

GOING AWAY 5 DAYS OR MORE?

A reminder to our school community that the NSW DET 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.



CAREERS

GIRLS IN ENGINEERING CLUB | ENGINEERING - UNSW SYDNEY

UNSW Girls in Engineering Club is free to join – sign up today to receive our monthly newsletters packed with inspiring content and activities!

GIE Club members get...

- Exclusive invitations to Girls in Engineering Club events.
- Monthly inspo delivered to your email, featuring profiles of female engineers, study tips and more!
- Opportunities to be mentored by female engineering students.
- Access to a closed Facebook community to connect with likeminded girls.

Regular workshops and challenges.

<https://www.unsw.edu.au/engineering/study-with-us/girls-engineering-club>



The UNSW Girls of Engineering Club is a fun and inspiring community for high school girls who are interested in engineering and want to pursue a STEM career. Join us on campus to find out more.

www.unsw.edu.au

WEBINARS - WEDNESDAY 7 JUNE

myfuture Insights: Managing career uncertainty and anxiety: the power of career conversations [a webinar for parents and carers]

Wednesday 7 June, 5.30pm (AEST)

Career uncertainty has been defined as the inability, as a teenager, to articulate a career ambition or occupational expectation for adult life. As transitions from school to further education, training or work have become more unpredictable, and employment markets more competitive and fluid, career uncertainty in young people, both in Australia and internationally, is increasingly common.

In this webinar, Dr Jo Gleeson (Monash University), lead author of the latest myfuture *Insights* paper 'Managing career uncertainty and anxiety: the power of career conversations', will talk about the findings of her research in this area, and share a questionnaire that can help you to facilitate career conversations with your child.

Register at this link - <https://myfuture.edu.au/assist-others/webinars>



UNIVERSITY OF SYDNEY, PATHWAYS TO ORAL HEALTH/DENTISTRY FOR INDIGENOUS STUDENTS

The Faculty of Medicine and Health has introduced an entry pathway for Indigenous and Torres Strait Islander students who aspire to become dentists. This pioneering program starts with a TAFE Certificate III in Dental Assistance, which provides the foundation for admission to the Bachelor of Oral Health (BOH) at the University of Sydney. After completing the BOH, students can apply for entry into the Doctor of Dental Medicine program that leads to becoming a qualified dentist. This initiative is the first in Australia to offer pre-high school to postgraduate dentistry qualifications for Indigenous students, providing an unparalleled opportunity to pursue a fulfilling career in dentistry.

*Our graduates are ranked 1st in Australia and 4th globally for employability by the 2022 QS Graduate Employability Rankings.

Date Wednesday 7 June

Time: 5:00 PM - 5:30 PM

Location: Online

Details and Registration:

https://uni-sydney.zoom.us/webinar/register/WN_T5BkWnLJTl2E_fH5udJP2w#/registration

CAREER SPOTLIGHT

7 Unusual Jobs for Business Enthusiasts -- If your child is interested around business - this blog from Study Work Grow explores explores seven unusual jobs for business enthusiasts – see if there's one that might be right for you.

<https://studyworkgrow.com.au/2023/05/31/7-unusual-jobs-for-business-enthusiasts/>

COMMUNITY ANNOUNCEMENTS

BYRON BAY HIGH SCHOOL YEAR 11 DRAMA PRESENTS

DEBRA OSWALD'S

STORIES IN THE DARK

TUESDAY 20TH,
THURSDAY 22ND
& FRIDAY 23RD JUNE
7PM @ BBHS PAC

\$15 ADULT
\$10 CONCESSION
\$40 FAMILY OF 4

TICKETS AVAILABLE THROUGH
HUMANATIX OR THE SCHOOL OFFICE

This play deals with war themes and may not be suitable for young children.

SAFER DRIVERS COURSE FOR LEARNERS

BECOME A SAFER DRIVER AND EARN 20 LOG BOOK HOURS BY ENROLLING IN A SAFER DRIVERS COURSE.

Saturday 17th June
9.30 - 12.30
Monday 26th June
4pm to 7pm
Cost \$140



Concessions available
Bookings: bys.org.au

YAC - 1 Gilmore Crescent, Byron Bay



Exhibition and Launch Party

Zine & Ceramic Exhibition

COME AND CELEBRATE THE CERAMICS AND ZINES MADE DURING TERM 2 OF KICK BACK

5PM THURSDAY 8TH JUNE
AT THE YAC, 1 GILMORE CRESCENT, BYRON BAY

QUESTIONS?
CONTACT LEALAH
LEALAH@BYS.ORG.AU
0492 845 117

ADDF Alcohol and Drug Foundation

Learn How To

CALM YOUR MIND

3 WEEK WORKSHOP

AGES 13-16
MONDAYS 4-5PM
@ LITTLE JEWELS FAMILY CLINIC

June 12, 19, 26
(Complimentary Information Sessions May 29 and June 5)
54 Stuart St, Mullumbimby

LEARN HOW TO CALM YOUR MIND

In the Workshops We Will:

- do simple movements to cultivate body awareness
- explore the relationship between breath and mind
- experience calming breath techniques
- provide everyday tips to befriend your mind
- enjoy a delicious relaxation

Jodie Lunn helloyogamojo@gmail.com
@ Little Jewels Family Clinic
54 Stuart St, Mullumbimby

