



# The Lyrebird

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

Relieving Principal: Ms Kelly Spilstead | Deputy Principals: Mr Cameron Johnson & Mr Adam Culbert

## PRINCIPAL'S REPORT

What an amazing start to 2024. I can hardly believe that we are near the end of term. We have had so many academic, sporting, and cultural achievements this term and I hope that you enjoy turning through the pages of our Term 1 Lyrebird newsletter.

This newsletter is a celebration and a showcase of just some of our amazing students this term.

It was great to see so many parents last week as part of the first Parent / Teacher conferences for 2024. If you were unable to attend or missed on seeing a teacher, please contact the office to arrange a phone appointment.

Wednesday afternoon also saw our school leaders participate in NSW Parliaments Bicentenary Youth Leaders Roundtable. Students shared their ideas, concerns and energy alongside local members of Parliament.

On Friday afternoon, we said farewell (or ciao) to some of our Year 11 students along with Mrs Langtry & Mrs Wilkinson who have commenced their 3-week journey to Italy.

Monday 29<sup>th</sup> April is a pupil free day and our Staff Development Day. All students return to school on Tuesday 30<sup>th</sup> April.

During the holiday break, we will acknowledge ANZAC day. All students are encouraged to march with our school leaders on the day. Mullumbimby High School students are encouraged to participate in the Mullumbimby Anzac Day March and Service on Thursday, April 25th. Students should wear full school uniforms and meet Miss Grennan at Apex Park at 10:30am on the day. See you there!

Our School Captains John Ray and Safiya Wilkinson and Vice-Captain Rotem Hadad will present a wreath at the Brunswick Heads Dawn service and at the Mullumbimby Service. At the Mullumbimby service, John will share a personal story by his grandfather who fought in war.

I wish everyone a safe and restful break this autumn and look forward to working with you all in Term 2 as Mr Armstrong will continue his leave next term.

Please enjoy reading about the many student and staff achievements and successes in this Term 1 edition of the Lyrebird.

**Kelly Spilstead, RELIEVING PRINCIPAL**





How wonderful to see such a great turnout for the Parent Teacher Interviews last Wednesday evening! Thank you teachers, for your time and energy as you reflect on each student and provide valuable feedback to parents and carers. It's a long day for you all, but it's super appreciated!

We send our well wishes to the teachers and students who left for the Italy excursion last Friday. Safe travels!

The P&C is currently working on valuable grant applications and drafting plans for fundraising. If you have an interest in these activities, please contact us via the details below.

Finally, are you able to spare a couple of hours on a Monday morning to assist in the Uniform Shop? We are looking for volunteers to help out; please get in contact with us to chat more about what's involved.

**Contact details:**

**Email:** [mullumbimbyhighpandc@gmail.com](mailto:mullumbimbyhighpandc@gmail.com)

**Phone:** Amy Colli (0429 804 890)

**P&C Meeting:**

P&C General Meeting 5:30pm, for a 5:45pm start; Monday 13 May, 2024

The meeting will be held in the School library



Congratulations to Year 10 student Harriet Killips who is our 2023 and 2024 Pi Recital Competition winner! Harriet correctly recited 214 decimal places of Pi.

Congratulations also to Matthew Gray in Year 12 for an impressive 95 decimal places taking out 2nd prize.

## ITALY TRIP 2024



From Brisbane to Padova, our students are enjoying their *esperienza italiana* (Italian experience)!



# 5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

## 1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

## 2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

## 3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

## 4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

## 5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

Published 01/07/21

## LIBRARY NEWS

Mullumbimby High School's new refurbished library has been a hive of activity during Term 1 of 2024. James Clarke and I are extremely proud of the new space we have created for our school. As we all know, libraries play a crucial role in fostering community growth and intellectual development. Mullumbimby High School's library is a welcoming space and a safe space where students and staff may assemble, learn, and connect.

We firmly believe that our new library is the heart of our school.

Our warm, open, and flexible design has created multiple learning Zones for our students. The genre signage, comfortable seating and aesthetically pleasing colour palette has created a positive atmosphere that encourages people to spend time within our library. This in turn helps to foster a sense of belonging. Our library has successfully met the needs of our diverse community.

Over the course of the term, I have continued to re-stock our library with new Fiction and Non-Fiction, as well as, support each faculty in supplying appropriate teaching resources for their specific subjects. One of my many roles within the school is to encourage the love of literature and reading. I will continue to purchase more reading material throughout 2024.

The Hi-Low lecture theatre has been successfully utilised by staff and Senior classes creating a modern, mature, and effective learning space. The Year 12 Senior Hub is loved by all and our Year 12 students have respected and enjoyed having their own space to quietly study. The coffee and tea making facilities is utilised daily.

The IT Area houses 30 touch screen laptops to enhance the learning experience and is an obvious attraction to the younger students, promoting lifelong learning habits.

The Distance Educational classroom warmly accommodates our 16 DE students who study a range of subjects including Spanish, French, Portuguese, Visual Arts, Engineering and Legal Studies.

During the holidays, the acoustic installation will occur. This will be the 'icing on the cake' to ensure that all the learning spaces can operate efficiently as envisioned.

Finally, I have commissioned Nickolla Clark a young Arakwal woman of the Bunjalung nation, Byron Bay to complete an artwork for our library.

I look forward to another successful Term in our sublime library. — **Rachelle Dean, Relieving Teacher/ Librarian**



Some of the displays in our library.



## NETBALL

Congratulations to the Mullumbimby High School netball team on a fantastic day of competitive netball!

While they may not have secured a victory against Banora Point, their effort and skill were commendable. Winning their second game against Byron High shows their determination and teamwork.

A special shoutout goes to all the girls who trialled for the Far North Coast team. And a round of applause is in order for Ella Brittain and Eva Colli for making it through to the final selection round on the day. Well done to everyone involved!



L.to R. standing: Maggie Adams, Eva Colli, Leela Moore, Nina Colli, Ella Brittain.

L. to R. front row: Katie Russo, Jemilla Ganly, Kiani Nages, Ivy Glynn, Mira Brittain

**14'S COMBINED HIGH SCHOOLS BUCKLEY SHIELD**

Mullumbimby HS were victorious over Byron Bay HS in the 14s Combined High Schools Buckley Shield on Friday. The weather conditions didn't bother our boys who laid the platform for their 32 - 6 victory with strong enthusiastic defence. Captain Riley Schenk, and Charlie Morgan-Foxon were best on field with strong performance from Eli, Tristan, Bodhi , Archie and Duke. The boys will proceed into the second round next term.

**BASKET BALL**

MHS played Mullumbimby Shearwater in a friendly, but competitive game. MHS took an early lead, which was held until the third quarter, when Shearwater found a new pace, with a quick succession of shots were up by 5 pts. MHS fought hard to bring the score back to within two points but with time against them conceded the game at 38-40. Outstanding play from our boys who look to be a promising team going into the 2025 Opens competitions.

## GIRLS U15 GIRLS TOUCH TEAM



Congratulations to the Girls U15 Touch team. The girls got better and better as the carnival progressed. Shout out to Year 9 student Mia McKenzie from Mullumbimby HS who was voted North Coast Players Player for 2024.

## TABLE TENNIS CHAMPIONSHIP



The Golden Paddle for the lunchtime table tennis champion has been retained by Solomon after defeating Taylor. Staff and students from all year groups have been playing in their breaks in both a competitive and non-competitive format. Thanks to Mr Madritsch for organising this term's table tennis and congratulations to Solomon.



It was a bright start to the North Coast CHS swimming carnival for our U16s girls relay team. They have qualified to compete at the NSWCHS a swimming championship in Sydney. Congratulations girls.



## CONGRATULATIONS TO LILLY AND MARIELOU



We are very proud to announce that North Coast School Sport Association is hosting the upcoming NSW CHS Girls Football Championships in Coffs Harbour and Year 12 student Lilly Donnelly has been selected as the North Coast Team Captain.

Congratulations Lilly! Wishing you all the best in this important role!



Congratulations to Year 12 student Marielou Baudouin who is part of the NSW Tennis Team and the NSW CHS Open Girls Tennis Team.

This term, Marielou has accomplished incredible milestones in her tennis achievements.

She was:

1<sup>st</sup> in Girls Doubles

2<sup>nd</sup> in Singes (narrowly beaten in a tie-break in the final)

3<sup>rd</sup> in mixed doubles

She travelled to Bathurst to represent the NSW CHS Open Girls Tennis team.



She has reached the next stage, where Marielou will travel to Hobart, Tasmania in May to represent the NSW Combined Schools in the Secondary Schools National Tennis Championships.

As we publish this newsletter, Marielou is playing in Brisbane at the Ashley Cooper Championship, now moving on to the quarter final. Bravo Marielou! Wishing you all the best.

## SOUTH PASSAGE

This term, students on the South Passage Excursion learned during their time on the seas, how to work as a team, read a map and make sure all is well day and night! They also took part in a lot of fun water activities.



# FOOD TECHNOLOGY

Year 10 Food technology students were busy in their preparations for Easter by making hot cross buns.



## AGRICULTURE



Our junior students welcomed our bunny rabbits newly born at the Ag farm earlier this term.



Our Year 11 Agriculture students, who kicked off the celebrations of Easter early with our adorable baby rabbits and chickens.

## INCLUSIVE EDUCATION FACULTY

A fantastic time was had by our Senior Work Education class this term. We had the chance to visit a number of local businesses, finding out more about what fields of opportunities exist for our senior students in the future. It was also a sweet time at the Tyagarah Aeries Manuka Honey Factory, learning about bee keeping and honey production.

Year 10 student Cairo, with his keen interest in all things aeronautical, combined with the connections of Sebastian, afforded the class a visit to Sebastian's grandfathers' hanger at Tyagarah Airfield, checking out his mint condition Tiger-Moth and helicopter. Byron Bay Herb Nursery gave us an invitation to get our hands dirty & take home some freshly potted plants for use in Mullumbimby High School's native beehive floral garden.

Despite last week's deluge, a visit to a local Japanese Herb Producer in Alstonville, had us ducking for cover under the newly constructed farm shed, to watch the roofing and lining by experts. Unfortunately, the weather was too much for the builders, but we managed to check out the progress and see the herb nursery in action.

— *Levi Tsanov*











## INCLUSIVE EDUCATION, Continued

As part of their exploration of various business enterprises the Senior Support Business and Economics class recently had a great time participating in a paper making workshop. Thanks to Susan Wright from Born in Paper for sharing her expertise and tips, and for guiding students in making their own paper. It's not as easy as you might think! —

**Kellie Gough, Teacher**



## CAPA FACULTY

Visual Art students in Year 8 have been hard at work creating artworks in response to this semester topic on 'Water'.

Students have studied a collection of artists who featured water in their artworks, inspiring their own creations. After learning about the Japanese artist Hokusai's "Great wave of Kanagawa", the students designed artworks employing the lino printing technique of reductive printmaking. Their lino designs, informed by their own experience of water is created by utilising the Elements and Principles of Art like line, repetition, and pattern. As you can see, a collection of inspirational interpretations have been developed by our curious and clever Year 8 students.



Year 7 have submitted their first Visual Art assessment task, an in depth artist study of Henri Matisse, through which critical skills are developed. Students begin to understand a formal essay structure and learn how to compose a topic sentence.

Madame Matisse Greenstripe, 1905, is analysed and critiqued. Students expand on their understanding of Matisse's practice by creating artworks using his style and application of technique. They have also learned how to use a wax release process to create their version of 'The Goldfish'. (See pictures here)

Year 11 have undertaken a unit of study on the body, whilst exploring the properties of clay.

Year 10 Visual Art students are mid way through their preparatory work towards the annual 'Archibimby' which will commence in term 2, students are practicing technique and mediums by studying the work and style of Del Kathryn Barton and David Fairbairn.





Learning about Water and all its shapes

Developing Clay Work





Some of the works for the "Archibimby"



## FILM AND VIDEO

Year 12 have had some fun recutting famous movie trailers into different genres.

Levi Campbell rescripted “ Transformers Rise of the Beast” into a horror film while Darci Winter manipulated “Five Nights at Freddy’s” into a G rated family film.



This year a horror is unleashed



A FEEL-GOOD FAMILY MOVIE

## MUSIC

### Tuning into Talent: Musical Highlights at Mullumbimby High!

It's been an enriching musical term for our Year 7 students as they've delved into the realm of keyboard performance. From mastering melodies to grasping chords, they've been showcasing their talents and skills, bringing excitement to Mullumbimby High's music scene. The abundance of exceptional talents and emerging students has truly made this period exhilarating. The level of musical talent displayed is nothing short of outstanding, with many students shining brightly in their performance tasks.

Meanwhile, in Year 8, students have been immersed in the world of Blues music. Through studying its distinctive characteristics and mastering the 12-bar blues on the keyboard, they've been tapping into a rich musical tradition. The enthusiasm and skill displayed by our Year 8 cohort has been remarkable, and we're eagerly anticipating the rise of our elective Year 9 class next year.

Our Year 9, 10, and 11 music students have been dazzling audiences with their remarkable performance skills. Through a variety of performance tasks, they've demonstrated their musical prowess, arranging repertoire into captivating small ensemble performances. Additionally, our elective music students have been treating both our school and the wider community to their musical talents, including a standout performance at the Women in Educational Leadership function.

As we continue this musical journey, we're excited to see what further achievements and performances lie ahead for our talented students. Stay tuned for more updates on Mullumbimby High's vibrant music program!

Top picture: Year 11 student Bonnie Martin

Bottom Picture: Year 10 student Harriet Killips



## PLANNING THE FUTURE WITH BYRON SHIRE COUNCIL

Over the past 6 months, Mullumbimby High School students Katie Russo, Sebastian Belleville, Scarlett Clifford, Amy Sena, Gabe Libonati, Matilda Langtry and Jasper Willis worked together with the Byron Shire Council on the plan for Burringbar Street.

Representing the shire's youth, we engaged with the council and town planners, contributing suggestions for the upcoming design changes. From water bubblers to bus stops, we look forward to enjoying what is sure to be an impressive new space. We are grateful for the opportunity to assist the council in ensuring Mullumbimby remains a place for our youth. *(written by Scarlett Clifford, Year 10).*





## NSW PARLIAMENT'S BICENTENARY YOUTH LEADERS ROUNDTABLE



The Lismore Youth Leaders Roundtable brought together bright minds from schools across the Northern Rivers for a crucial discussion on our region's pressing matters.

From the cost of living to climate concerns, and what makes an effective leader, every topic was on the table! As the LC looks towards its next 200 years, it's important to listen to tomorrow's leaders about issues that concern them.

Northern Rivers Representative, [Sue Higginson](#) MLC, and I were seriously impressed by these remarkable young people, and it's clear they hold the keys to a brighter future for us all. Let's continue to champion their leadership within our community!

Thank you to all students that joined us.

# ENGLISH

Fairytales came to life for our lucky Year 8 students who travelled to Brisbane last month to GOMA and to see Beauty and the Beast!





## TRANSITION TO HIGH SCHOOL

Year 6 students from Mullumbimby Primary enjoyed the opportunities offered during their first transition day on Wednesday 27 March at the High School.





## TEXTILES

As we wrap up another term in textiles, it's a great opportunity to reflect on the impressive creativity and progress shown by our students. From quilted laptop sleeves to cozy hoodies, let's take a closer look at the exciting projects each year group has tackled this term.

**Year 8: Quilted Laptop Sleeves** — Our Year 8 students have channeled their creativity into crafting quilted laptop sleeves. As more students bring their own devices to school, these sleeves not only improve their sewing skills but also add a stylish touch to their tech accessories. This term, students focused on mastering sewing machine techniques and basic skills such as pattern work, pinning, cutting, and precise measuring.

**Year 9: Lined Shoulder Bags** — Year 9 students tackled their first significant project: lined shoulder bags. This project helped them build on their foundational skills and learn the intricacies of pattern reading and usage. They took on new challenges such as sewing darts and inserting zips, utilizing the overlocker to create both functional and fashionable accessories.

**Year 10: Pajama Pants** — Our Year 10 students are wrapping up their first apparel unit—pajama pants. These garments, intended to be part of a matching set, presented challenges in working with stretch and slippery fabrics. Despite these challenges, the students have shown impressive skill and determination, producing comfortable and stylish pajama pants.

**Year 11: Customizable Hoodies** — With winter approaching, our Year 11 students have been busy creating cozy hoodies, their first project in Stage 6 textiles. As these garments take shape, students are exploring ways to personalize their hoodies with unique embellishments and design elements. We look forward to seeing their customised creations next term.

**Year 12: Major Projects** — This term, Year 12 students have dedicated themselves to their Major Projects, moving from conceptualisation to execution. Each project reflects their unique styles and passions. As they move towards finalising their creations, we wish them success in the coming term. Their hard work and dedication are inspiring, and we are excited to see the results of their textile journeys.

**Extracurricular Highlight at Bangalow Film Festival RIEP Music and Costume Excursion** — This term, students from Years 10, 11, and 12 had the opportunity to participate in a costume-based excursion at the Bangalow Film Festival funded by the Regional Industry Education Partnerships. They watched the iconic film *Priscilla Queen of the Desert* and attended a hands-on costume workshop led by renowned costume designer Maude Boate. Maude provided valuable insights into costume design, guiding students in a be-dazzling project that enhanced their understanding and appreciation of costume artistry.

As we reflect on this term's achievements, we are thankful to our students for their enthusiasm and dedication to the textile arts. Their continued push for creativity and innovation reminds us of the endless possibilities within the world of textiles. Here's to another term filled with creativity, growth, and boundless possibilities. — **Ashleigh Crawford, Teacher**





Costume Workshop during Bangalow Film Festival







Designing and making your own hoodie



## MATERIAL TECHNOLOGIES

Year 7 Material Technology students tackled the project of creating wooden pencil boxes. This task helped them use what they've learned by mixing design ideas with hands-on workshop skills. They worked through planning, choosing materials and tools, and making their designs carefully and safely. By making these pencil boxes, the students learned how different materials and tools can change the result, giving them important hands-on experience. This step into woodworking has boosted their creativity and given them practical skills and knowledge about materials, preparing them well for future projects.

Year 8 Material Technology students started a project to make wooden BBQ caddies. These caddies make it easier to carry sauces, cutlery, and napkins for outdoor meals. In this project, they used design ideas and practical skills, going from the initial idea to building with careful planning and organisation. Choosing the best materials and tools for safety and effectiveness, the students learned about the qualities of wood, which helped them make decisions about how their caddies would work and look. This practical work taught the students useful skills for solving real-world problems and laid a solid base for their future projects in technology.



Year 9 Design and Technology students have taken on the challenge of creating resin LED lamps, blending functionality with artistic design to enhance room ambiance. This project pushes their creativity and technical skills, as they work with timber and resin within a specific size limit, ensuring the lamp not only fits a designated space but also effectively uses a limited amount of resin. Through this task, students are developing their woodworking, resin casting, and electrical wiring abilities. They're also deepening their understanding of how timber and resin properties can be utilised to achieve both aesthetic appeal and functionality.



Year 9 Construction students made wooden mallets and cement floats, key tools for their upcoming projects. This task required using design principles to make sure the tools are functional and easy to use, while also focusing on safety and managing risks when using different tools and equipment. Through planning, making, and presenting their work, the students demonstrated their skills in sharing ideas and working together. This project gave them useful practical skills and provided them with tailor-made tools they fully understand and can use in their work.



## OUTDOOR EDUCATION

This term in Outdoor Education, students have embarked on a multifaceted journey of learning. Beginning with engaging team-building activities, they've cultivated collaboration and mutual support. Delving into the realm of breath work techniques, they've honed skills for maintaining focus and resilience. They've explored coastal environments through invigorating surfing and snorkelling excursions, fostering a deep appreciation for the natural world.

Beyond mere adventure, Outdoor Education instills principles of environmental stewardship, empowering students to become conscientious custodians of their surroundings. It's not just a class—it's a transformative experience where education meets exploration, shaping individuals into environmentally aware and skilled adventurers. – **Max Tynan, Teacher and Year 8 Adviser**



## RESILIENCE IN OUR TEENS — RIOT



This year our school is undertaking a project to address student anxiety called the Resilience in our Teens (RIOT) project. A central element of the RIOT project is for the students to be braver and to 'have a go' and not avoid difficult tasks or situations, which are within their ability to cope with.

As we roll out this program across our school, students will engage in learning activities to develop their understanding of how their brain works, how to identify anxious feelings, and skills to help them regulate their emotions. These lessons will occur throughout the year, with the first session taking place this week with all of our Year 7's.

In this first session, students explored what Anxiety is. They also learnt about their own brain and what happens physiologically when they are feeling stressed or anxious.



Our hope is that by empowering students with an awareness of how their bodies and minds work, they will be able to better identify and deal with the demands and challenges of everyday life. We look forward to working in partnership with you to support our young people. It would be wonderful if you are able to discuss some of these key ideas with your child at home so they are able to share their

knowledge and understanding of their emotional world. Any queries, please don't hesitate to get in touch with me. **Gemma Veriga-White, HT Wellbeing**

## WEARING THE SCHOOL UNIFORM



### 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.

A school uniform should promote the health and safety of students by identifying items necessary for activities to protect students from injury (for example, items for sun protection or safe footwear).

Students who attend school in unsafe or inappropriate clothing, including inappropriate footwear, will be required to stay in the office. They will be excluded from the playground and classes until arrangements can be made to change into appropriate clothing or shoes. Parents may be contacted to ensure the provision of appropriate footwear and clothing.

Sandals, Crocs, Ugg boots, open footwear or high heeled shoes are not permitted at school. If students present for a class or activity with inappropriate footwear the student should be offered alternative educational activities until they are wearing appropriate footwear.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins  
per day



=

3 days

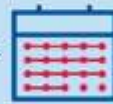


30 mins  
per day



=

18 days



Patterns of lateness  
can have a serious  
impact on your child's  
education.

education.nsw.gov.au

### PROCEDURES FOR STUDENT ATTENDANCE MONITORING AND FOLLOW UP AS IT IS A LEGAL REQUIREMENT.

- **WHOLE DAY ABSENT** – On the day of absence, a SMS text asking to explain absences will be sent to parent.
- **WHOLE DAY ABSENT** – Next day, a reminder email will be sent asking to explain any outstanding unexplained whole day absences 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.





# Teens, tech and time online

## Webinar information sheet for parents of secondary school students

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### General tips for supporting your teen online:

- Support your teen by talking about their online activities and experience with digital devices.
- Use our eSafety Young People pages to learn more about online safety issues so you can discuss topics including [pressures from social media, consent and sharing photos](#), [keeping online accounts secure](#) and [digital reputation](#).
- Show your teen eSafety's tips on [spending too much time online](#), so they can take control of their online experience, rather than letting it control them.
- Encourage routines that promote health and balance e.g. creating device-free times and places in your home.
- Talk to your teen about who could be their 'askable adult', and when they would speak with them about an online safety issue.

### Harmful content

[Harmful or inappropriate content](#) is content that a teen might find upsetting, disturbing or offensive.

#### Ways to start the chat:

- Use eSafety's information on how to approach the [hard-to-have conversations](#).
- Use the [eSafety guide](#) to learn more about popular apps, games and social networking sites.
- Explore [eSafety young people](#) together and discuss topics such as [online hate](#) and [violent or inappropriate content](#).
- Learn how to [report illegal content](#).

### Contact with strangers

[Unwanted contact](#) is any type of online communication that your teen finds unpleasant or confronting, or that leads them into a situation where they may be harmed. At worst, it can involve 'grooming' — building a relationship with a teen in order to sexually abuse them. To help your teen:

- Learn and discuss what children can do in [situations where they might feel unsafe](#).
- Explore eSafety Young People together, then discuss [unwanted contact — signs to look out for](#).
- Learn about the features of apps that can expose teens to contact with strangers by exploring our [eSafety guide](#).



[esafety.gov.au](https://esafety.gov.au)



## Cyberbullying

[Cyberbullying](#) is using technology to bully a person, hurt or scare them. eSafety can help with the removal of serious cyberbullying content.

### To help:

- Explore [eSafety Young People](#) to help you discuss [what cyberbullying is](#), the [line between banter and bullying](#) and [what to do if your teen has been called a bully](#).
- Use the [eSafety guide](#) to show your teen how to block and report users that make them feel uncomfortable and how to adjust app settings.

## Resources

- Download the [online safety guide for parents and carers](#) — available in 5 languages.
- Use [online safety basics](#) to explore technology issues with your child, negotiate rules and get to know the technology.
- Refer to eSafety's [taming the technology](#) to set screen time tools and parental controls.
- Read eSafety's [privacy and your child](#) to help manage privacy and safety settings. It also offers advice about how to check [location settings](#).
- Explore [the big issues](#) and find out more about cyberbullying, online pornography, time online, gaming, unwanted contact and grooming.
- Check eSafety's [skills and advice](#) resources—establishing good habits, hard to have conversations and using parental controls.
- Show your child how to contact [Kids Helpline](#) or other support services and learn the details of [Parentline](#) in your state or territory.
- Be smart and secure when choosing tech gifts for children by reviewing the [eSafety gift guide](#).
- If you have children under five, read [eSafety Early Years](#) for more information and resources.
- For parents of teens, visit [eSafety Young People](#).
- Look at [eSafety Parents](#) for advice, resources and links specifically tailored for parents' needs.

## References

[eSafety Research](#)



[esafety.gov.au](https://www.esafety.gov.au)



## Education

# Are you ready for learning?

It's as simple as 1, 2 and 3!

1

Each morning you will place your mobile phone in airplane mode and then lock it in a pouch.



2

The mobile phone will stay locked with you throughout the day.



3

When leaving the school, you can unlock your pouch at a designated unlocking station to access your phone.



## SCHOOL ADMINISTRATION

### SCHOOL PHOTOGRAPHY

If you have missed out on ordering school photos, you can visit the School Photographer's website and organise ordering them online directly: <https://www.theschoolphotographer.com.au/> If you need the school code for this year, here it is: **X6009SC52M**

### 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 (roll call and important messages for the day), please call the school to explain why they are late or provide a note for them when they sign in. All students who have missed roll-call need to come to Student Services to sign in. Parents will be notified by SMS of the late arrival of their student if no valid explanation has been provided.

**LEAVING EARLY?** Only valid reasons approved by the Principal will be authorised. The request leave 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.** Only **URGENT** messages will be passed on to students. Please call **BEFORE 2pm**. Thank you for your support. We cannot guarantee all your messages will be passed on. It is important for families to organise and discuss after school activities BEFORE school starts to avoid disturbing the classroom and worrying students during school hours.

### MOVING? CHANGING PHONE NUMBER?

Have you changed your email address or phone number? Has your family situation changed (divorce, move, death in the family)? Please remember to let the school know as soon as possible. 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. Change of address needs to be supported by a proof of residence.



Please contact the 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.

## COMMUNITY ANNOUNCEMENTS

[
SOCIAL  
FUTURES
]
RESILIENT  
KIDS

# YOUTH WEEK MULLUM

2024

## YOUTH ARTSY WEEK WORKSHOPS @ MULLUM


**Botanical art workshops every day  
from Monday 15 to Friday 19 April**

Monday 15 April 8–12 yrs @ 10am – 12pm  
Tuesday 16 April 12–14 yrs @ 10am – 12pm  
Wednesday 17th April 14–18 yrs @ 10am – 12pm

Art teacher Lucia Canuto will provide plant materials for students to use in their compositions. Young people are welcome to bring in flowers and leaves from their own gardens/bush walks. Anything flat will work. Small group classes of 10.


**WHERE: Byron Community College – Mullumbimby**  
**RSVP by 5th April by calling Ella: 0477 022 590**

The Resilient Kids Program is funded by Healthy North Coast through a grant provided by the Australian Government.



We acknowledge the Traditional Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.



COMMUNITY ANNOUNCEMENTS

[ SOCIAL  
FUTURES

RESILIENT  
KIDS ]



# YOUTH WEEK MULLUM 2024

APR  
13

## YOUTH WEEK 2024 @ MULLUM

Rummage sale, live music, art,  
coffee van, food trucks, chocolate wheel,  
kid's activities with The Paddock,  
Green for You planting and more...

13 April 8am - 1pm

WHERE: Byron Community College - Mullumbimby

Contact Ella: 0477 022 590 for further information or if you'd like to help out

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HEALTHY  
NORTH COAST



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COMMUNITY ANNOUNCEMENTS

**GIRLS CAN PLAY BASKETBALL WORKSHOP**

**GATHER THE GIRLS TOGETHER**

1-4pm  
Girls 10-14 yrs  
\$35

Register NOW at [www.bigpicturehealth.com.au](http://www.bigpicturehealth.com.au)

- Learn and play with the girls
- Highly experienced and qualified female coach and mentor
- Have fun and face challenges together

**APRIL 22ND BISC**

[info@bigpicturehealth.com.au](mailto:info@bigpicturehealth.com.au)

**BRING THE WORLD INTO YOUR HOME!**



**BE PART OF SOMETHING GREAT! HELP US BUILD WORLD PEACE, ONE STUDENT AT A TIME.**

Volunteering to host a Rotary International high school exchange student for 3 - 4 months is a life-enhancing experience for your entire family. It's a unique opportunity to get new perspectives, explore new customs and cultures and share Australian culture and your community with others. Most of all, you'll build special friendships and connections that often last a lifetime.

rotary youth exchange



ROTARY DISTRICT 9640 IS CURRENTLY LOOKING FOR HOST FAMILIES IN MULLUMBIMBY. CAN YOU HELP?

Find out more!

Email [yep@rotary9640.org](mailto:yep@rotary9640.org)  
Visit <https://9640.ryea.org.au>



**I AM A GIRL**  
*Come 'N' Try*

**GAME-BASED LEARNING**

**I AM A GIRL - COME 'N' TRY!**

AGES: 5-10  
COST: \$35.00  
DATE: 19TH APR 2024  
TIME: 1PM - 3PM  
WHERE: BALLINA INDOOR SPORTS CENTRE  
63 CHERRY ST  
SIGN UP NOW

[WWW.BNSW.COM.AU/I-AM-A-GIRL](http://WWW.BNSW.COM.AU/I-AM-A-GIRL)



NSW BASKETBALL NSW

**Teen Pilates Workshop**

April 17th  
1-4 pm

LifeWorks Pilates and wellbeing studio  
Endeavour Close  
Ballina

Teens 13-17 yrs

Come and learn the fundamentals of Pilates Reformer Mat/Barre and Positive Wellbeing practices

[www.bigpicturehealth.com.au](http://www.bigpicturehealth.com.au)



**EVERYTHING SEWING**

UNIT 1 \ 10  
Wilfred street  
Billinudgel  
0493254056

- ALTERATIONS
- REPAIRS
- PATTERNMAKING
- COPY YOUR FAVOURITES
- CURTAINS, PILLOWS
- CANVAS
- SMALL SCALE MANUFACTURING
- QUICK & PROFESSIONAL

OPEN MON-FRI 8:30-3:30