



## HIGHLIGHTS

- Deputy Principals' Report
- Share the Dignity
- PD/Health/PE Happenings
- The Premier's Reading Challenge
- P&C Report

## WELCOME

### PRINCIPAL'S MESSAGE

Dear Parents and Caregivers

In my last report I mentioned that Randwick Girls' High School was proud of the achievements of three HSC students Umaiya and Tegan (for outstanding work in Design and Technology) and Momoko (for outstanding work in Dance). These accolades are the highest any HSC student can reach in their major works, so congratulations again!

#### Well done Lillian Fletcher and Elke

There are two good news stories I would like to share with the school community and these stories are also featured on our school's website. The first one is about an alumni, Lillian Fletcher. Lillian was a HSC student last year, and she won a prestigious scholarship which paid for her University Course at UNSW, while she underwent training to be Food Technology Teacher. Lillian attributed her love of being a teacher to her Food Technology teacher, Ms Cara Uzun. The second one is about our School Captain Elke. Elke joined many of our students, as well as other school students and community members on the walk from High Cross Park in Randwick to Coogee beach last Friday on the *Speak up, Stand up* march. Elke was interviewed by a Channel 7 news reporter, and she

Principal's Message continued page 2



An invitation to RGHS parents to attend

## Presentation Day

Tuesday 10 December  
12.30pm in the MPC

*Come and help us celebrate the  
achievements of our students*

## Principal's Message continued

spoke with great eloquence on the issue of domestic violence and why our school has joined with others on such an important event. You can read/view more about these two good news stories by following the links below:

<https://publiceducationfoundation.org.au/cookery-scholarship-recipient-inspired-by-teacher/>  
<https://www.facebook.com/108878629136279/posts/3131486466875465?vh=e&d=n&sfns=mo>

### Year 4 High School Experience

On 26 November, together with the school staff and students, I welcomed about 280 Year 4 students to our school. These students are from our feeder Primary Schools who came on this day for a high school experience day. The students participated in lessons and tours around the school during the day in earnest. When it came to send them off with their teachers at the end of the day, some of them wanted to stay! We also received excellent feedback from their teachers. All in all, it was a highly successful day. A huge thank you goes to the student leaders who took them on tours and served them lunch, which was enjoyed immensely as students interacted with each other in front of the library lawn. A huge thank you goes to Mr Geoff James for coordinating the day.

### Year 7 2020 Orientation Day

The school held a significant event last Tuesday when we met a large cohort of eager Year 7 2020 students during the day, and their parents during the evening. It was the yearly Year 6 students' Orientation Day! Any apprehension was quickly replaced by excitement, as students were introduced to the school staff and students. The morning program included a formal presentation, followed by a tour of the school. The Year 9 peer support leaders were leading as well as getting to know the Year 7 students when they were taken on the tour around the school. These Year 9 students will be pivotal in the School's Peer Support activities, which is a part of the successful Randwick Girls' transition program. The transition program is designed to enable Year 7 students to transition smoothly and effectively to high school. We look forward to welcoming our students back on the 29 January next year as they commence their journey as Randwick Girls' students.

Last Tuesday evening, for the first time at Randwick Girls' we met the Year 7 2020 cohort parents separately. It was an information evening which was very well attended. Information in relation to starting high school was given by their Year Adviser Ms Garcia, the Head Teacher Wellbeing, Ms Whitty, the School Counsellor Ms Fisher, as well as the Peer Support

Organiser Ms McLean. The parents had the opportunity to listen to Ms Teena Kargas our P&C President on how parents can support the school. Information on how to contact the school was also provided. For those parents who did not attend, you can download a PDF on who to contact by following this address:

<https://www.randwickgirlshighschool.com.au/contact-us>

We look forward to journey with our Year 7 parents in the years to come. Welcome to the Randwick Girls' High School community!

### Full Circle program

All students are expected to be at school until the term finishes, which will be 18 December. A wonderful end of year program has been developed for all students for the last three days of term beginning 16 December. Ms Nicole Theodoridis and her team of teachers have compiled some exciting and relevant workshops to enrich our students' learning. The workshops are based on a program, called Full Circle. It is a celebration of the cross-curriculum priorities of Aboriginal and Torres Strait Islander Histories and Cultures, Asia and Australia's Engagement with Asia as well as Sustainability. This program is about learning in context, and students will acquire new skills as well as build on skills and knowledge attained in various subjects over the year. Students will be presented with a range of opportunities to solve problems, work in teams as well as exercise their numeracy and literacy skills. Use of a learning diary will ensure that students log their learning and reflect on their understanding of the cross-curriculum priorities. Photographs of the event will be published on our Facebook page so please be on the lookout. We anticipate that students will enjoy this program. We look forward to receiving their feedback!

The school will be opened for two more days after the students' school year finishes, and parents are welcome to visit the school, or call the office, if necessary.

I want to take this opportunity to thank all parents and staff for a wonderful year. Thank you for your partnerships with the school! Our last newsletter for the year will be in two weeks' time and we look forward to updating you on the HSC results as well as the Full Circle program.

Lucy Andre  
Principal

## FROM THE DEPUTIES

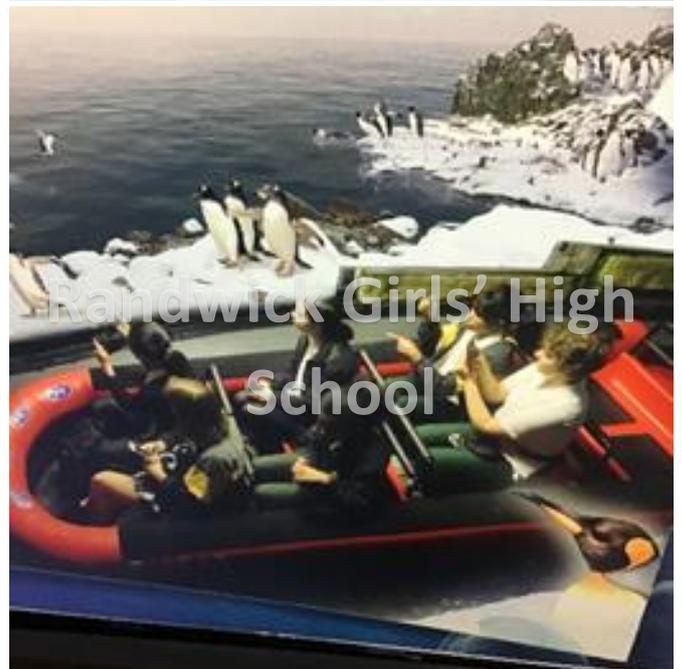
As we move towards the end of the final term of 2019, we would like to pause and convey that our thoughts are with those families and communities throughout Australia who are directly affected by the challenges and difficulties that the bushfires currently pose. The current atmospheric conditions also present challenges to those of us living on the coastal fringes of Sydney, and accordingly, we have had to adjust a number of activities and events at our school, including cancellation of Sports as well as the Year 7 Integrated Unit. It is a timely reminder to ask that all parents and caregivers ensure that the school has up to date records on any medical conditions that may impact on your daughter at school. Please contact either Deputy Principal (Ms Posener Years 7, 8 and 11; Mr Rekić Years 9 and 10) for further information.

We are excited to announce that week 10 brings a new and exciting range of activities, in the form of the *Full Circle* program. This program delivers three days of practical workshops based on the Australian General Capabilities, specifically Sustainability, Aboriginal and Torres Strait Islander histories, and Australia's Engagement with Asia. This program runs between December 16-18, and includes activities such as Murals, Mandalas, Watercolour Painting, Gardening, Tie Dying, and Embroidery amongst others. We would particularly like to thank Ms Theodorides for all her work in organising this curriculum based three day event.

Year 10 are currently in the midst of preparing for their transition to senior school, and to this end, have nearly concluded their Senior Transition sessions, which have been held during sport time. After receiving information this week around assessment policies and processes, the final session will be held in the MPC this Wednesday, covering practical matters related to transitioning to the senior school. Thanks to Mr Cuneo for his work in organising this term long program, which has equipped our students with the knowledge and skills to be able to successfully transition into the senior school.

This week has also seen our Year 10s undertaking Senior Class Taster Sessions for two periods a day. The aim of this program is to have students attend a class of their chosen 2020 subjects, in order to allow them to make a full and informed choice moving into the senior school. Already a number of students have approached the Deputy Principal to change their subjects, and based on this, we hope that students are able to make the best decision regarding the subject choices for next year.

On Monday 2 December, the Year 9 Marine and Aquaculture Technology class saw a variety of different Australian Marine creatures at the Sea Life Aquarium in Darling Harbour. Students got to see the environments that these organisms live in, as well as enjoying a stroll along Darling Harbour waterfront precinct. Thankyou to Mr Hourcade for organising this event, as well as to our girls for demonstrating such wonderful enthusiasm and behaviour during the excursion.



# Important News for Parents

**Sentral Parent Portal: An important notice for parents/guardians of students in Years 7-11 @ RGHS**

Randwick Girls' High School has introduced the Sentral Parent Portal which provides parents/guardians access to important information such as their daughter's timetable, attendance, parent/teacher interview bookings during the designated parent/teacher interviews.

You should have received an email from the school inviting you to create your Sentral Parent Portal account. Please create your account using the details sent to you in that email. If you have any queries, please email the school: [randwickg-h.school@det.nsw.edu.au](mailto:randwickg-h.school@det.nsw.edu.au). In your email please state your daughter's name and year.

We thank you for your cooperation.



We would like to congratulate Abby who recently went to Melbourne to represent NSW at the Australian Figure Skating Championships and competed in two events for synchronised iceskating. Abby and her team, Magestic Ice Sapphires won the Basic Novice division walking away with a gold medal and are the Australian National Champions for 2019. Her other team Magestic Ice Mixed Age, placed 4th in Australia (in a tough division with only a couple of points separating first and fourth) achieving their highest score this season. Well done Abby, the school is proud of your achievements!

With two weeks to go, there is a lot of vital learning still to be had, and it is imperative that each and every student maintain the excellent attendance that RGHS is known for.

Until next time  
Ms Posener and Mr Rekić

# SHARE the DIGNITY ... *It's In The Bag*

*Share the Dignity* is an Australian women's charity helping women experiencing homelessness, poverty and/or domestic violence in Australia. It is powered by volunteers, who perform a variety of roles, which focus on customer service, our operations and the leadership of our teams. As a result, we can *Share the Dignity* across Australia rather than focus on just the major cities. This includes women affected by the drought and the recent bushfires.



*It's In The Bag* Christmas charity campaign idea came to us when we realised that women in crisis will put the needs of others before themselves, whatever the time of year, and we can do something that would give these women a little happiness at Christmas. There are 85,000 homeless women who need your help this Christmas. Many have fled domestic violence or experienced extreme poverty. The *It's In The Bag* program is simple and it makes a big difference in a teenage girl's or woman's life. No matter how people celebrate Christmas, this will be the most meaningful and appreciated gift someone can give.

*Student Representative Council* (SRC) members, under the leadership of Ms Dovellos, have been supporting this worthwhile charity by collecting items that would make a woman feel special at Christmas, as well as accepting cash donations to help purchase additional items to support the program. By donating to this charity collection Randwick Girls HS students have helped make life better for women and girls experiencing domestic violence, homelessness or poverty this Christmas. 45 bags were developed from the articles and cash donated, each full of a variety of useful items to help make woman at risk at this time of the year feel extra special. Each bag also contained a small card wishing the recipient a very Happy Christmas.



# PD/HEALTH/PE Happenings ...

**YEAR 12 ENTERTAINMENT (VET)** students had the opportunity to experience the many facets of organising the annual Department of Education & Training's **Schools Spectacular**. This performance is a showcase of the talent in NSW Public Schools and, in terms of sheer size, the spectacular is unequalled in the world. The chance to participate backstage allowed these students to improve their knowledge and understanding of important production aspects.

**YEAR 11 (2020) PD/HEALTH/PE** students had the opportunity to learn more about the senior course when they attended a **Taster Lesson** organised by Ms McLean. During the class these students, who have selected to study 2unit PDHPE next year, learned about the syllabus content and assessment task requirements for this subject. They were also briefed on the numerous practical application opportunities that are organised to assist with their understanding of the subject. Similar lessons were taught by Ms Fagan (2U DANCE) and Ms Reilly (2U ENTERTAINMENT INDUSTRY) to allow these students to gain important information related to the subjects they have chosen to study in their senior years.

**YEAR 9 HUMAN MOVEMENT** students have recently completed a unit of work where they were required to create an **Alternative Sport**, by using existing facilities and equipment to invent a new sporting activity. This included developing skills, rules and safety aspects, before the classes took the opportunity to play some of these new games.



**YEAR 7 DANCE ENSEMBLE** performed at the school's **Year 7-2020 Orientation Day**, where they showcased one of the many performing arts opportunities available at Randwick Girls High School. The group is led by Ms Fagan, with the assistance of Year 9 Dance Students Chloe and Emily, and they rehearse every Wednesday morning for an hour before school.



**YEAR 7-10 PD/H/PE** students have just completed their final units of work for 2019. The PD/H/PE programs are designed to allow students to obtain important knowledge and skills related to healthy lifestyle choices, as well as supplying opportunities for them to develop lifelong physical recreation skills. Health topics this term have included **Cybersafety**, **Finding Out About Health** and **Facing Challenge**. Practical lessons involved students participating in athletics, lacrosse, mini tennis, archery and a variety of racquet sports.

**YEAR 7 PD/H/PE** students recently participated in a **Swim School Program** at the Coogee RSL Indoor Swimming Pool. Improving swimming ability is very important, especially when so many of the students at Randwick Girls' live close to beaches and/or have regular access to swimming pools. Special thanks to Ms McLean for her superb organisation of this program, and Ms Fagan, Ms Fahy, Ms Thornton, Ms Hodder and Ms Kennedy for their assistance during the swimming program. Thanks also to ex-student Olivia Miles (Year 12-2016) who assisted the program by working closely with our non swimmers.

Thanks to Ms Fahy who, with the assistance of our gymnastics stars, taught the Year 4 Primary School students who recently visited the school. Jessica, Amelia and Alice used their advanced gymnastics experience to help develop the beam and mini-trampoline skills of our visitors.

**B.CUNEO (Head Teacher - PD/Health/PE)**

# PD/HEALTH/PE – The Year in Review

2019 again saw the continued development of the dance, health and physical activity programs in the Personal Development, Health and Physical Education Faculty. The PD/Health/PE Staff ensured that the students at Randwick Girls' High School had the opportunity to be exposed to a wide variety of teaching and learning programs that will help them to develop the knowledge and skills, whilst fostering the attitudes that will empower them to adopt healthy lifestyles.



Year 7-10 PD/Health/PE classes developed practical skills in netball, soccer, oztag, cricket, volleyball, soccer/football, AFL, touch/oztag, t-ball, basketball, hockey, gymnastics and dance. In theory classes they gained the knowledge and understanding in a variety of topic areas related to physical, social, mental and emotional health. A variety of excursions and courses were organised to assist students develop additional skills in the area of health and physical activity, whilst Year 8 students participated in a Physical Education Enrichment Day.

The Year 11 PD/Health/PE classes took part in the RYDA Road Safety Seminar, which gave them the opportunity to analyse relevant health promotions for young people. These classes also participated in a biomechanics workshop at the Sydney Indoor Climbing Centre, as well as participating in a fitness class at Gym115 and a fitness testing program to improve their understanding of fitness. They also completed a 3 day outdoor recreation camp in Kangaroo Valley. In addition 46 Year 11 PD/Health/PE students took the opportunity to gain their RLSSA Senior First Aid Certificate.



The Life Ready Program held throughout the year allowed students to gain important Health, Personal Development and Independence information related to Relationships, Personal Safety, Stress Management and Financial Literacy. As part of this program, regular guest speakers from the Royal Hospital for Women spoke to Year 10, 11 and 12 students about important women's health issues.

This year again saw the continued growth in Human Movement classes, with two classes again being formed in both Year 9 and 10. This elective course is designed for students who are looking to extend their knowledge and skills in the areas of sport, physical education and exercise. Year 9 and 10 Human Movement gained practical insight into the development of physical fitness by participating in fitness training at school, Coogee Beach and Wylie's Pool. Year 9 Human Movement students spent a day in the Blue Mountains experiencing outdoor recreational pursuits. Year 10 Human Movement students developed coaching plans for a variety of sports and successfully implemented their programs when they coached Year 7 students. They also participated in a camping/bushwalking expedition in the Bungonia National Park.





Dance Education continued in the school with elective classes in Years 9, 10 and 12. Elective Dance students participated in dance workshops lead by dancers from the Sydney Dance Company, as well as participating in a Dance Tour to Melbourne. 2019 saw the continued development of the Entertainment Industry course in Year 11. Students participated in a variety of work placements, as well as assisting in the organisation of MADD Night, Music Night, Open Night, School Assemblies and the School Show.



Thanks also to the wonderful teaching staff (W. Thornton, R. Hodder, S. McLean, C. Fahy, K. Fagan and A. Reilly) who have successfully led the many positive programs in Personal Development, Health and Physical Education at Randwick Girls this year.

*B.CUNEO (Head Teacher –PDHPE)*



# 2019 NSW Premier's Reading Challenge

This week, students who completed the 2019 NSW PRC were awarded their certificates, and in the case of two students, their medals. They were awarded their certificates by our Principal Ms Andre, a constant advocate of reading as a staple for the solid foundation of an education.

The winners of the NSW PRC Medals were Alyssa and Sofia. To receive the medal the students needed to complete the challenge every year from Year 3 to Year 9. Quite an achievement. In the years that I have been administering the competition, I can say that very few students receive this award. I understand that Alyssa's sister Danica is also closing in on that award, not to be outdone by big sister.

Raya received a Platinum Certificate for seven years completion of the PRC, and Lianna received a Gold Certificate for four years. Other winners were Imogen, Lily, Maya, Abby, Cate and Danica.

To complete a challenge, students need to read twenty books over a period of six months and register their books on the PRC website. I would like to acknowledge other readers at our school who read twenty books as well, but forgot to enter their books on the website, despite my warnings of an upcoming deadline. They were, however, reading which is the point of the competition, so keep up that reading and I know they will because they enjoy it and the school is invested in keeping their interest high. It is also fantastic to see so many other students borrowing fiction books. The literacy and reading programs at the school are reminding students of the value of a good read in an age where the flick and giggle of a phone reigns supreme.

As the Christmas holiday approaches I recommend we all find ourselves a good book and let the stresses of the year wash away.

Jack Brand  
Librarian





## P&C UPDATE

### Save the dates...

To keep in the loop of P&C business and get to know others from the school community, join us at a meeting. The 2020 meeting dates are listed below. We look forward to seeing you.

<b>JANUARY</b>	No events			
<b>FEBRUARY</b>	Monday 17	6pm	Year 7 Welcome BBQ	Library courtyard
	Monday 24	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>MARCH</b>	Monday 16	7pm	<b>P&amp;C Annual General Meeting</b>	Staff Common Room Lvl 2
<b>APRIL</b>	No events			
<b>MAY</b>	Monday 18	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>JUNE</b>	Monday 15	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>JULY</b>	No events			
<b>AUGUST</b>	Monday 17	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>SEPTEMBER</b>	Monday 14	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>OCTOBER</b>	Monday 19	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>NOVEMBER</b>	Monday 16	7pm	P&C Meeting	Staff Common Room Lvl 2
<b>DECEMBER</b>	No events			

### Pre-loved uniform needed

If you have any of the following items in size 14 that you are able to donate or sell to an incoming Year 7 student please contact: Helen m. 0411 349 159

- Skirt
- Shirts
- Sports uniform - shorts and polo
- Jumper
- Jacket

Thank you!

The content on this page is provided by the RGHS P&C Association for information purposes to its members. It is approved by the P&C executive and does not necessarily represent the views of the school or the NSW Department of Education

# January 2020 YOUTH HOLIDAY PROGRAM

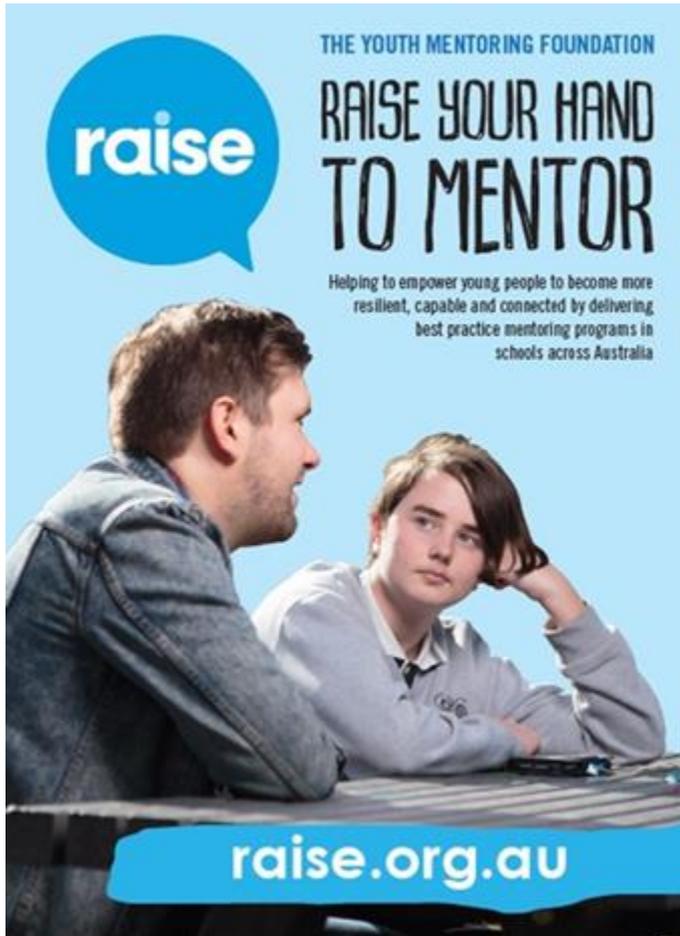
## YOUNG PEOPLE 12-18 YEARS OLD



<p><b>Monday 6th January</b> <b>BOTANY AQUATIC CENTRE</b> Cool off on a hot day at Botany Aquatic Centre. Remember a towel &amp; sunscreen. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 10:30am - Return: 4:00pm Cost: \$5</p> <p><b>Tuesday 7th January</b> <b>EASTLAKES YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE</p> <p><b>Wednesday 8th January</b> <b>ROCKCLIMBING</b> Rock-Climbing at Sydney Indoor Climbing Gym, with all different levels of walls to climb. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 10:00am - Return: 2:00pm Cost: \$10</p> <p><b>Thursday 9th January</b> <b>HILLSDALE YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Hillside Community Hall, 236 Burnerong Road, Hillside 4:00pm - 7:00pm Cost: FREE (BYO Lunch)</p> <p><b>Friday 10th January</b> <b>MOVIES</b> Watch a Movie @ Hoyts Entertainment Quarters with a small popcorn and drink included. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 9:00am - Return: 1:00pm Cost: \$20</p> <p><b>GIRLS NIGHT @ EASTLAKES YOUTH DROP - IN</b> All the usual fun of Girls Night, Drop In and Hang out Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE (Snacks Provided)</p>	<p><b>Monday 13th January</b> <b>LASER TAG</b> 3 Games of Laser tag at Laser Siege Turrella, gaming bunker and Lunch. Drop off &amp; Pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 10:00am - Return: 2:30pm Cost: \$35 (Lunch Provided)</p> <p><b>Tuesday 14th January</b> <b>EASTLAKES YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE</p> <p><b>Wednesday 15th January</b> <b>CABLES WAKE PARK</b> Inflatable pillows, slides and runways at Cables Penrith. Remember a towel &amp; sunscreen 236 Burnerong Road, Hillside. Depart: 9:30am - Return 3:00pm Cost: FREE (Lunch Provided)</p> <p><b>Thursday 16th January</b> <b>HILLSDALE YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Hillside Community Hall, 236 Burnerong Road, Hillside 4:00pm - 7:00pm Cost: FREE (BYO Lunch)</p> <p><b>Friday 17th January</b> <b>SKYZONE</b> It's the Freedom of Flight at Skyzone Alexandria. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 10:00am - Return: 1:00pm Cost: \$16</p> <p><b>GIRLS NIGHT @ EASTLAKES YOUTH DROP - IN</b> All the usual fun of Girls Night, Drop In and Hang out Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE (Snacks Provided)</p>	<p><b>Monday 20th January</b> <b>TIMEZONE HAYMARKET</b> Enjoy 1 hour of Arcade play and 2x rides on the bumper cars. Drop off &amp; Pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 10:00am - Return: 2:30pm Cost: \$30</p> <p><b>Tuesday 21st January</b> <b>EASTLAKES YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE (BYO Lunch)</p> <p><b>Wednesday 22nd January</b> <b>JAMBEROO</b> Bobsleds - Billabong Beach - Taipan &amp; The Funnel Web . Remember a towel &amp; sunscreen. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 8:30am - Return: 4:00pm Cost: \$40</p> <p><b>Thursday 23rd January</b> <b>HILLSDALE YOUTH DROP - IN</b> All the usual fun including table tennis, pool tables, PS4 &amp; Nintendo switch. Hillside Community Hall, 236 Burnerong Road, Hillside 4:00pm - 7:00pm Cost: FREE (BYO Lunch)</p> <p><b>Friday 24th January</b> <b>MOVIES</b> Watch a Movie @ Hoyts Entertainment Quarters with a small popcorn and drink included. Drop off and pick up at Hillside Community Hall, 236 Burnerong Road, Hillside. Depart: 9:00am - Return: 1:00pm Cost: \$20</p> <p><b>GIRLS NIGHT @ EASTLAKES YOUTH DROP - IN</b> All the usual fun of Girls Night, Drop In and Hang out Eastlakes Community Hall, cn. Evans &amp; Florence Avenues, Eastlakes 4:00pm - 7:00pm Cost: FREE (Snacks Provided)</p>
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Bookings are essential for more information contact  
Yasemin on 0447 116 805 or email  
[yasemin.secim@bayside.nsw.gov.au](mailto:yasemin.secim@bayside.nsw.gov.au)

# RAISE YOUTH MENTORING FOUNDATION



**Could you, or someone you know, volunteer your time to mentor in a local high school in 2020?**

Raise Foundation, a not-for-profit mentoring organisation, is urgently recruiting volunteers from our local community to become a mentor for students in our school, and other local high schools. The programs run from March through to September for two hours per week. Raise measures the impact of its mentoring programs and statistically significant outcomes include increased confidence and resilience, ability to set goals, coping skills, hope for the future and asking trusted adults for help. Raise Mentors also benefit by contributing to the community, gaining improved listening and parenting skills through free mentor training, and connecting with the younger generation.

Head to [www.raise.org.au/volunteer](http://www.raise.org.au/volunteer) to sign up or get more information

