

On The Waves

Banora Point High School



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Term 2 Week 5A

Monday 26 May 2014

Year 11 Biology at Dorroughby

by Cory Woodhart

On the 5th and 6th May the Year 11 Biology class went on a two day camp to discover the wonders of ecology. On Monday morning, with Mr Pentecost in the bus and Ms Hargreaves in the car, we drove to Brunswick Heads. We met up with ecologist Alan, and after many pot holes, went to learn about the mangrove ecosystem by observing biotic and abiotic features such as licking the salt off mangrove leaves! We did quadrat sampling and transect work in the sand dune area.

Lunch was eaten at Brunswick and then we headed off to Dorroughby. We got to the camp and had some afternoon tea along with free time. When evening came we ate a healthy and tasty dinner, started a campfire, did a search for nocturnal animals and made some damper while having a talent quest. Lucas was the star and shined brighter than the fire with his enthusiastic singing! The campfire ended but was alight all night. Most people had enough of the cold and went to bed by midnight. It got down to around 12 degrees.

Tuesday morning arrived and we went to look for platypus, which were spotted in the dam across the road. Then, after having breakfast we left to Minyon Falls. The scenery was beautiful and the water running down the falls was pure. We did abiotic testing of the water while others fished for organisms or climbed further up the falls. After we had lunch and then did a final 100m² quadrat in the rainforest. We then left for the long trip back to Tweed Heads. The camp did not only teach you about ecology but it was heaps of fun.



Year 11 Biology at Dorroughby (cont.)





From the Principal

Mr Greg Smith

Being the middle of term two, there is a lot happening at the school. We have recently had a selection panel for our Support Unit Vacancy. I would like to thank all members of the panel for their time and effort in supporting this process. A particular thank you to Lisa Naumovski, our P&C secretary and parent representative who has been on two panels this year. Lisa has given an enormous amount of time to our school and this is just one example of her dedication to Banora Point High. I have recently been involved in the training program for three other parent representatives. Thank you to Ros Foley, Paul Knight and Brad Pullan for their time.

Half Yearly exams and assessments are in full swing. Year 9 and 10 completed exams last week, and Year 7, 8 and 11 exams are now occurring. We run formal exams for many of our subjects in Year 10, 11 and 12. This gives students experience in this type of exam situation. All reports so far have been very positive with students displaying appropriate behaviour and being focused on doing their best.

Year 10 into 11 subject selections were moved forward this year to allow extra time for advice, planning and development of the Year 11 curriculum for 2015. There was a very strong attendance at last week's subject selection evening and interviews will be held this week with students and members of staff to ensure that they are making the best possible choices.

Our attendance team has met with DEC attendance representatives last week to continue our plans to improve attendance at our school. Year Attendance Teams have been established who will focus on students who have a large number of unexplained absences and developing a plan for improvement. There will also be ongoing interviews and communication with parents of students who are causing concern. Regular attendance is a key component of successful education. I again request all parents to contact the school if their child is unable to attend school for a number of days and provide signed and

dated notes to explain absences. Please include your child's class or year on the note.

I would like to remind all parents that our school provides financial assistance to eligible families for school related expenses such as uniforms or excursions. Student Assistance Scheme funding is now incorporated in the RAM Equity Loading for Socio-Economic Background and is allocated to schools at the beginning of each year and funds are available for disbursement throughout that school year.

We consider specific requests from students and their families for assistance, and each case is considered on merit. All applications and details of assistance provided are to be kept strictly confidential. In all cases, assistance must be provided to the student based on an application from the parent.

Students who bring personal property onto the school site do so at their own risk. As a general rule no responsibility is accepted for loss or damage to private property brought to the school. Students are responsible for locking bicycles securely if they are brought to school. They must also wear approved helmets to and from school while cycling. Although theft is a very rare occurrence at our school, students must refrain from bringing large amounts of cash or valuable items to school. It is also important that bags are not left unattended, particularly if they contain an item highly valued by the student.

All persons who park their vehicles on the school site do so at their own risk. This applies to staff, parents and members of the public. The school rules state that students are not to park in the school carpark.

Zone Cross Country Wrap up

Banora Point High School travelled down to Byron Bay on Friday 16th May. We did very well with our total point score for the day placing us as the 4th most competitive school in the FNC. Students who have progressed to the North Coast carnival are: Aaron Sunter, Elizabeth Sykes, Ashley Brown, Emily Alman, Tye Gleeson, Taylah Wills, Giovanni Stewart and Holly Fittler. Well done!!



Holly Fittler, Taylah Wills, Elizabeth Sykes and Ashley Brown who all progressed through to the North Coast carnival.



CAREERS NEWS by Jess Dreyer

Welcome to Week 5. It's been crazy busy in the careers department this last fortnight, and things will settle down to a normal pace as we near the holidays. Please make sure you keep an eye on the up and coming dates.

My 1st Year Exercise Science and Biology students have their laboratories coming up, and this is an exciting event for them, as they start to put their theory knowledge into practice. These 9 students have signed up to do a 1st Year University Course through Griffith University, which is taught by myself and a lecturer from the University, in conjunction with their work within the classroom. They attend compulsory Labs in both year 11 and year 12, and upon successful completion, they receive a guaranteed admission into 1 of 9 Health Degrees at Griffith University. Watch this space for some lab updates.

Year 10 students are moving through the subject selection process nicely and thank you to all the students, parents and staff that attended the parent information evening on Tuesday 20th May. It was an informative evening and I think students are now well and truly ready to go to their interviews this week. Don't forget to hand in your subject selection sheet on your interview day. Interviews are held Thursday 29th and Friday 30th May in the library.

Some students in years 10, 11 and 12 have completed the Online Numeracy and Literacy tests this last week, and I wish to thank them all for their co-operation.

If you would like to discuss anything with me, please send an email with your contact details and I will phone you as soon as I am free.

jessica-lee.dreyer@det.nsw.edu.au .

Have a great fortnight.



DATES UP AND COMING

- Bond University – Presentation – Thursday 27th May, 9am BPHS Library
- Year 10 Interviews Thursday 29th & Friday 30th May, BPHS Library
- Year 11 Exercise Science Lab - Tuesday 10th June, Griffith University GC Campus
- Year 11 Biology Lab – Tuesday 22nd July, Griffith University GC Campus
- Year 12 Health & Exercise Science Conference – Tuesday 5th August, Griffith University GC Campus
- Year 9 Uni-Bound Workshop – Thursday 7th August, SCU Gold Coast Campus
- Year 8-10 Experience QUT, Wednesday 29th October, Garden Points Campus, Brisbane
- Year 7 Uni-Bound Workshop – Tuesday 18th November, SCU Gold Coast Campus



CAREERS NEWS (Cont'd)

YEAR 8 UNI-BOUND 2014

On Tuesday 13th May, the Southern Cross University team came into school and gave our year 8 students a “thinking about uni” workshop. The research certainly demonstrates that it is vitally important to start planting the seeds early in our children, and have them thinking about their future education and career paths. Students enjoyed the work shop, and look forward to future seminars. A big thank you to Ms Hargreaves who assisted during the workshop also.



 	www.scu.edu.au/uni-bound
<p style="text-align: center;">Year 8 “Thinking About Uni” Tuesday 13 May 2014</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Southern Cross University will present a “Thinking About Uni” workshop at the school for Year 8 students participating in the UNI-BOUND program.</p>	<p>Students attending this seminar will meet UNI-BOUND staff and mentors and further investigate the benefits of higher education through presentations, games and activities designed to build knowledge, awareness and confidence around university concepts. These seminars provide an opportunity to learn more about University and post-school options.</p>



Everyone Welcome

CONNECT to your FUTURE

career expo

- TAFE
- Universities
- Defence Force
- Centrelink
- Apprenticeships
- Youth Services
- Training Organisations
- Employers
- Career Advisers

- Try-a-trade
- Employment Services
- Campus Tour
- Career Presentations
- Career Stalls
- Local Entertainment
- DJ Workshop
- Sausage Sizzle

BECOME

what you want

TO BE!



WEDNESDAY 21
MAY 2014
4.30—7.30PM

Kingscliff TAFE
Campus Cudgen
Road Kingscliff

Enquiries: Sylvia Roylance 0420 961 622

CAREERS NEWS (Cont'd)

HEAD-START 2014

Congratulations to Year 12 students Jessica Neal and Tineka Frampton. They are our first students to be involved in and successfully complete with great results, the Head Start Program through Southern Cross University. Tineka and Jess have attended the Gold Coast Campus (near the Airport) for the lectures and tutors in the "Communications in Organisations" Course in Semester 1. They have now secured themselves a place in their degrees for 2015. To find out more about the Head Start Program please go to the link provided below. Well done girls we are so proud of you!



**ARE YOU INTERESTED IN COMMUNICATIONS
HAVE YOU THOUGHT ABOUT A CAREER THAT COULD SATISFY YOUR PASSION FOR COMMUNICATING?**

Telecommunications	Event Planning
Intelligence	Sales & Customer Service
Internal Communications	Writing & Editing
Publicity & Advertising	Public Relations
Newscasting	Market Research Analysis



There are many rewarding jobs that you can do



CAREERS NEWS (Cont'd)

AIME 2014



AIME is the Australian Indigenous Mentoring Experience. It uses structured education mentoring to link university students in a one-on-one relationship with high school indigenous students.

Last Friday, some senior students attended the workshop at Southern Cross University Gold Coast Campus. For our Year 12s, this was their last workshop. The last part of their mentoring will include assistance through the university and scholarship application process. For the other students in attendance, they looked at inspirational people, educational goals, and maintaining a healthy mind and body. A massive thank you to Ms Arthurson who is our Norta Nora tutor who attended the workshop with our students .



CONNECT TO YOUR FUTURE EXPO 2014

It was so wonderful to see many Banora Point High School students and their parents attend the local careers expo at Kingscliff TAFE campus last week. I was with the other local schools' careers advisers, hosting our own stall, and it was pleasing to see so much interest in attendance and to be able to provide advice to so many families. This event is growing every year and I hope you all put it in your calendar for 2015. It is definitely a worthwhile event.



CAREERS NEWS (Cont'd)

CONGRATULATIONS- ACCESS 2014

Southern Cross University for the 2nd year have invited students from all of its partner schools to apply for their Access Program in 2014. This program is run at The Gold Coast Campus and is an opportunity for students to gain direct entry and advanced standing into a variety of Associate degrees offered at Southern Cross University. It is free from fees and the program offers students the chance to gain a taste of university life, and stimulate their interests in academic pursuits, enhance their educational performance and long term aspirations. There were only 50 places available and I am very proud to announce that 12 of our Year 12 students have been accepted into the program for 2014. The program begins next Friday 30th May and will run for 13 weeks. They will be led by the amazing Ms Caitlin Burcher at Southern Cross University and Banora Point High School could not be prouder. Well done to Ashlea Wharley, Jacob Gibbs, Monika Bryan, Alexandria Smith, Tyler Catsicas, Kailyn Kelly, Kasey Paget, Nikki Randell, Makaeli Elsley, Mikaela Foster, Tamika Rowilson and Abbey Walker.



CURRENT JOB VACANCIES

- **Tweed Heads Tender Centre:** Junior staff wanted for after school and weekend work. Please submit resumes to tweed@tender.net.au or in store.
- **School-Based Apprenticeship: Plumbing,** Kingscliff Area, Please see me ASAP

SCHOOL NEWS by Chris Randall

Are you visiting the school?



From time to time, visitors come to Banora Point High for a range of reasons. These may include making payments at the office, attending a meeting or working with the staff for the day. The safety of our visitors is as important to us as the safety of our students and staff, and for this reason it is essential that all visitors are accounted for and have permission to be on the school grounds.







All members of our school community are requested to present to the administration staff and sign-in at the front office. The administration staff will contact teaching staff where appropriate to announce your arrival and give you directions as required. Visitors will be given a slip to identify themselves. Your adherence to this process is appreciated and will ensure our ongoing commitment to our school community's safety.



SCHOOL—UNI NEWS

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound</p>
	<p>Ever wondered who goes to university, how they got there, what can be studied and what it's really like?</p> <p>If you're in year 7, 8 or 9 and would like to find out about going to university, UNI-BOUND is a chance to meet university staff and students, ask lots of questions and discover a whole new way of thinking about university!</p>

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound</p>
<p style="text-align: center;">Year 7 - "Uni Opens Up Your World" Tuesday 18 November 2014</p>  <p>Southern Cross University will host Year 7 students participating in the UNI-BOUND program at Gold Coast campus for a "Uni Opens Up Your World" experience.</p>	<p>Students start exploring future aspirations through mixed media presentations by university staff and students and participate in hands-on discovery labs.</p> <p>This visit provides an introduction to life at university, interaction with university staff and UNI-BOUND Mentors telling their stories of getting into and studying at university, and an opportunity to explore a university campus. Transport to and from the event is provided by the University.</p>

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound</p>
<p style="text-align: center;">Year 8 "Thinking About Uni" Tuesday 13 May 2014</p>  <p>Southern Cross University will present a "Thinking About Uni" workshop at the school for Year 8 students participating in the UNI-BOUND program.</p>	<p>Students attending this seminar will meet UNI-BOUND staff and mentors and further investigate the benefits of higher education through presentations, games and activities designed to build knowledge, awareness and confidence around university concepts.</p> <p>These seminars provide an opportunity to learn more about University and post-school options.</p>

SCHOOL — UNI NEWS

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound</p>
<p style="text-align: center;">Year 9 “Going To Uni” Thursday 7 August 2014</p>  <p style="text-align: center;">Southern Cross University will host Year 9 students participating in the UNI-BOUND program at Gold Coast campus for a “Going To Uni” experience.</p>	<p>Students will meet with university staff and UNI-BOUND Mentors. They will participate in a range of study skills sessions and explore academic pathways and career contexts for different university courses. Transport to and from the event is provided by the University.</p>

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound www.scu.edu.au/naidoc</p>
<p style="text-align: center;">Indigenous Events</p> 	<p>Parents and community members are invited to take part in the University's Sorry Day and NAIDOC celebrations at Gold Coast campus.</p> <p style="text-align: center;">Sorry Day: Monday 26 May 2014 NAIDOC: Week of 14 July 2014</p>

 <p>Southern Cross University UNI-BOUND Strengthening participation in higher education</p>	<p>www.scu.edu.au/uni-bound www.scu.edu.au/fusion</p>
<p style="text-align: center;">Multi-cultural Celebration</p> 	<p>Parents and community members are invited to take part in the University's Fusion Festival – a multi-cultural celebration of our diversity – at Gold Coast campus.</p>

SCHOOL—UNI NEWS



www.scu.edu.au/uni-bound
www.scu.edu.au/scuinfoday

SCU Info Day



Parents, students and community members are invited to come to Gold Coast campus for an SCU Info Day.

You'll find out more about our courses, university life and the types of services and support we provide to help you achieve your potential. You are welcome to bring along a friend or family member to explore our beautiful campuses and facilities. There will be an opportunity to meet with SCU staff and our student ambassadors. Campus tours will also be available.

➔ Thursday, 11 December 2014

COMMUNITY NEWS

Friends of the Pound

“Can you help our organisation Friends of the Pound recruit new foster carers for dogs and cats. At present there is much movement in the rental market and people who have pets cannot take their family pet with them when they move house, the only option is to surrender their pet to the Tweed Shire Pound, Friends of the Pound or the RSPCA. Our only limitation is the availability of suitable foster carers, can you help us save a life. Friends of the Pound supply all food, medical supplies and vet work if needed. Please contact Pam (dogs) 0421017461, or Sonia (cats) 0439766243”

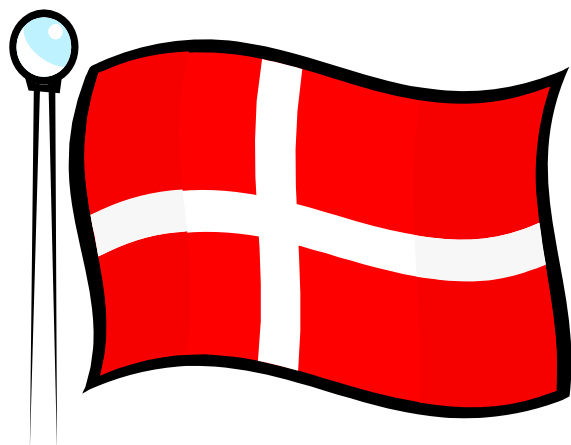
Kind Regards
Sonia Trichter,
President,
Friends of the Pound (Tweed) Inc.,
Tweed Woman of the Year 2014



ADOLESCENT VACCINATION PROGRAM

Please be informed that stage 2 of the 2014 Year 7 Boys and Girls and the Year 9 Boys Vaccination program took place on Tuesday 6TH May. Due to a state wide shortage of Varicella, the Chicken Pox needle will be unable to be administered at this time. Gardasil, (HPV), was administered on the day as was catch up doses of Boostrix and HPV for those who missed out earlier in the year or last year. Stage 3 of the program will take place on the 9TH of September and may involve the Chicken Pox needle if supplies have been replenished. Please contact Mr Bristow if you have any queries.

COMMUNITY NEWS



Homestay Families



Kingscliff TAFE is please to confirm that 18 Danish students (mainly 17 & 18 year olds) are coming to study Certificate III in Pathways to Further Studies. They arrive on Thursday 10 July and will be staying until Tuesday 2 December 2014.

ARE YOU INTERESTED IN HOSTING A LONG TERM STUDENT?

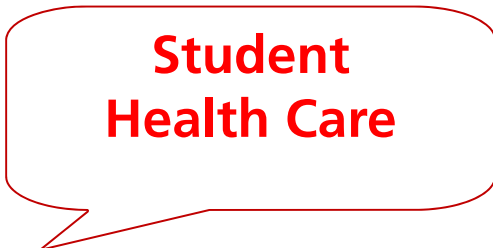
If so please call Jackie Whitney on 02 6674 7256
What do you need to do?

- Provide accommodation in separate rooms and provide breakfast, lunch and dinner daily
- Drop off and collect students from Kingscliff campus Monday—Friday
- Provide internet access
- Preferred location—Banora Point, Kingscliff, Cudgen, Casuarina, Cabarita
- Undertake a Working with Children check under the NSW government regulations of the Child Protection Act.

You will receive \$230.00 per week per student



Health
Northern NSW
Local Health Network



Children between 0-18 years who have a Medicare card are eligible for FREE dental services at any of the NSW Health public dental clinics located at the Tweed Hospital, Pottsville Health One and East Murwillumbah Public School.

Please phone 1300 651 625 to register for an appointment.





CANTEEN MENU

2014 MENU BANORA POINT HIGH SCHOOL

Daily Specials - pls order

Mondays

Filled Potatoes with sour cream & cheese	
• Ham	3.50
• Bolognese	4.00

Tuesday's

Tandori Chicken Wrap	4.00
Tandori Chicken with salad & Sour Cream	

Wednesday's

TBA	TBA
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Thursday's

Eagle Boys Pizza (equal to 2 slices).....	3.50
• Hawaiian	
• Meatlovers	
• Vegetarian	
• Cheese	

Friday's

Nachos	3.50
with Sour Cream & Sweet Chilli Sauce	

Drinks

Bottled Water - 600ml.....	1.20
- 750ml sip cap	1.80
Milk - Plain 300ml	1.20
Poppers - apple, orange, tropical.....	1.60
Focus Water	1.80
Crazy Lemon Lemonade - small.....	1.80
- large	3.00
Slushie - small.....	1.50
- Large	2.30
Up N Go - Choc, Strawb, Banana, Vanilla	2.00
Flavoured Milk - 300ml.....	2.00
- 500ml	3.20
Iced Coffee	3.20
Hot Chocolate.....	2.50
Juice - 500ml - 35%	2.50
- 500ml - 100%	2.80
Iced Tea	2.50

Boost Juices - 350ml bottle	3.00
Energy Lift, Green Recovery, Wildberry Skinny, Superfruit Immune	

Ice Treats

Frozen Juice Cup70
Many Frozen Pops70
Calippo	1.00
Icy Twist	1.20
Paddle Pops	1.50
Paddle Pop Shaky Shakes	2.00
Frozen Yoghurt	2.00

PLEASE NOTE: Limited items will be available over the counter. To guarantee your choice is available, please pre-order. This can be done online at www.munchmonitor.com or in person at the canteen. Orders can be placed for recess or lunch.

Sandwiches

Vegemite	2.00
Cheese	2.50
Egg - plain or curried.....	3.00
Tuna	3.00
Lean Ham / Chicken Breast.....	3.00
Salad	3.00
Baked Beans/Spaghetti	3.00
Salmon	4.00

• Salad = lettuce, tomato, beetroot, carrot & cucumber

Extras

Salad	1.00
Cheese/ Egg / Avocado.....	.50

Wraps

Salad with mayo.....	3.00
Chicken & Salad with mayo.....	4.00
Ham & Salad with mayo.....	4.00
Tuna & Salad with mayo.....	4.00

Special Wraps

Comes with Lettuce, tomato, cheese

Mexican Wrap	4.00
Taco style mince with corn, avocado & sour cream	
Sweet Chilli Tender Wrap	4.00
Sweet Chilli coated chicken tender with sweet chilli sauce	

Burgers

All burgers include lettuce, cheese, tomato & beetroot with your choice of tomato, BBQ, sweet chilli sauce, aioli or mayo.

Cheese Burger - beef & cheese.....	3.50
Hamburger	4.00
Chicken Burger	4.00
Fish	4.00
Vegie	4.00

Pies & Sausage Rolls

Sausage Roll	2.70
Plain Pie - small	2.20
- large	3.50
Flavoured Pies.....	3.80
Spinach & Ricotta Roll	3.00
Sauce - Tomato or BBQ20

Toasted Sandwiches

Ham & Cheese	3.50
Chicken, cheese & Avo.....	4.00

Others

Corn on Cob	1.20
Potato Wedges (cup)	3.00
Hot Dogs - fat free	3.00
Chicken Chipees	3.50
Macaroni Cheese	3.70
Lasagne	3.70

Fresh Sushi

Fresh Sushi	2.60
Chicken & Avocado, Chicken Teriyaki, Honey Soy Chicken, Tuna & Avocado, Tuna, Prawn Tempura, Prawn Sweet Chilli, Salmon & Avocado, Salmon & Cream Cheese, California (crab, avo & egg), Vegetable Tempura, Salad, Avocado, Inari	

Salad Boxes

Fruit Salad	3.50
Salad	3.50
<i>Includes lettuce, tomato, corn, beetroot, carrot, cheese & cucumber</i>	

Extras in Salad Boxes

Egg50
Avocado50
Chicken, Ham, Tuna	1.00

Snacks

Sumo Biscuits.....	.50
Fruit - Banana, Orange, Apple, seasonal fruit	1.00
Popcorn	1.20
Assorted Chips	1.20
Cheese & Bacon Rolls	1.80
Yoghurt	1.80
Finger Buns.....	2.00
Muffins	2.50



SAVE TIME ! ORDER ONLINE FROM THE CANTEEN

- ✓ Save time
- ✓ Easy & convenient
- ✓ Top up money online or at the canteen

Set up a pre-paid account with MunchMonitor & order online from the canteen and also allow your child to pay for over the counter purchases using their student card.

1. Go to www.munchmonitor.com
Enter Username: **banorahs**
Enter Password: **munch2486**
2. Click on 'Sign Up'
3. Enter your own username (email address) & password. Click 'Create Your Account'. An important email will be sent to you
4. Find the email & click the link to activate your account. Check your junk mail folder in case the email has been treated as 'spam'.
6. Enter your own Username (email address) & Password then click 'Activate My Account'
7. Follow the steps to complete the setup.
8. Once you have put money into your account, you can order online 24/7.

NOTE: You can top-up your account with a credit card online or use cash at the canteen.

Remember to login using your own Username and Password whenever you return to www.munchmonitor.com

Need more info? Email help@munchmonitor.com



UNIFORM STORE
OPENING HOURS

2014

TERM 1 & 4

Tuesday 12.30pm—3.00pm

Thursday 8.00am—11.00am

TERM 2 & 3

Thursday 8.00am—11.00am

*Uniform Store is located upstairs in J Block
Credit Cards and EFTPOS accepted—sorry no cheques*



Second Hand Uniform Shop

Our second hand uniform shop functions through the kind donations of parents and students who no-longer have use for their school uniforms. Through these donations, we are able to provide access to low cost uniforms. Any funds raised through the sale of second hand uniforms is deposited into the student welfare assistance fund, used to support students and their families during times of hardship.

Please approach the office administration staff regarding second hand uniform purchases. All donations of quality second hand uniforms are valued and appreciated.



REDUCE RISK - INCREASE STUDENT KNOWLEDGE

www.rrisk.com.au

Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

When you pour a glass of alcohol

When alcohol or other drugs are mentioned on TV or other media

When using or giving out medicines

When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15

Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For Young people aged 15-18 years

The safest option is to delay the initiation of drinking for as long as possible.

Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at <http://www.nhmrc.gov.au/files/nhmrc/file/publications/synopses/ds10-alcohol.pdf>

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au



COMMUNITY NEWS

SOUTHERN CROSS TAE KWON DO

Classes conducted at Banora Point High School

PROMOTE SELF-ESTEEM
INCREASE SELF DISCIPLINE
LEARN SELF-DEFENCE
NO COMPETITIONS – NO TROPHIES,
ONLY SELF IMPROVEMENT
INTERNATIONALLY QUALIFIED MASTER INSTRUCTOR
BEGINNERS WELCOME OF ALL AGES

Tuesday & Thursday Nights
Juniors 5:30pm
(Approx. 6 - 12 yrs.)
Seniors 6:30 pm
(Approx. 13yrs to Adult)
Call Michael -0414 96164



REGISTER NOW

Kingscliff District Football Club are currently registering players from U6 through to Seniors both boys and girls.

To register go to
www.kingsclifffootball.com.au



Tweed Slammers Basketball Registration 2014 Season

please contact Shaun McDonagh on
tc_slammers@hotmail.com
or call 0408138849



INSTRUMENTAL MUSIC LESSONS 2014

If you are interested in advancing your skills or even taking up a musical instrument, please call Andrew Best on 0439 110 255.

Andrew teaches flute, clarinet, saxophone, trumpet, trombone (most to advanced levels)

If in need of an instrument to start, he can help you with this too



Cancer Council Raffle

It's that time again to raise money for the Cancer Council of NSW.

The Staff in the Support Unit are providing a lavish morning tea on

Friday May 30th

at recess in Week 5. There will be raffles with lots of prizes!

Tickets are \$2 or the Banora special 3 for \$5.

Anybody wishing to donate a gift for the raffle please see Ray in the support unit. It will be greatly appreciated.



Australia's
**BIGGEST
MORNING
TEA**

P & C MEETING

The next P&C Meeting for 2014 will be held on

Monday 2 June

at 7.00PM DST

All new parents are most welcome to come along to support your child's school and meet other parents!



We would love to see you!

UPCOMING EVENTS

Tuesday 3 June

Dance Company Excursion—GC Arts Centre

Wednesday 4 June

Athletics Carnival

Monday 21 July

Yrs. 7-10 Parent Teacher Interviews

Friday 25 July

CAPA Ruby Moon Excursion

THOUGHT OF THE WEEK

*It is the mark of an educated mind
to be able to entertain a
thought without accepting
it.*

-Aristotle



UNDERSTANDING TEENAGERS

Tuesdays May 20–Jun 24, 5.30–7.30pm

Struggling with your teenager's challenging behaviours?

Looking for ideas on how to communicate with your teenager?

Want to support your teenager to move safely through adolescence?

WHAT'S THE COURSE ABOUT?

Understanding Teenagers is a parenting course that aims to equip you with the knowledge and skills to support your child through adolescence. Form a better understanding of the changes in their behaviour and personality.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:
The stages of child and youth development, including the impact of brain and hormone development

Parenting styles, managing tension points and talking through challenging issues

Different ways to respond to concerning behaviours

Strategies for communication and conflict resolution that you can take away and 'try out'

Strategies that other parents have found work well for them

WHAT WILL YOU LEARN?

Increase knowledge about developmental changes

How to reflect on your parenting style and how to manage your emotions

Strategies for positive communication and how to hold difficult conversations with your teenager

How to establish healthy boundaries and respond to challenging behaviour

The course runs over two Saturdays 9:30am-3:30pm OR a as course over 6 early evening sessions.

COST: \$30

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.
The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to

www.thefamilycentre.org.au

Child minding is available upon request.

COMMUNITY NEWS

**SHE RIDES FOR
FITNESS & HEALTH.
SHE RIDES FOR FUN.
SHE RIDES FOR THE
CHALLENGE.
SHE RIDES TO BE SOCIAL.
SHE RIDES
FOR FREEDOM.**



**Come ride with us.
Why? Because nothing
makes you feel like
riding does.**

Register today to join a 12 week program that supports you to ride regularly with other women in your community.

**facebook.com/SheRidesAu
sherides@cyclimg.org.au**



COMMUNITY NEWS

**ARE YOU
STRUGGLING
TO MEET THE
COST OF
DESEXING
YOUR CAT?**



**LOW COST
CAT DESSEXING
7 - 10 JULY 2014**

Friends of the Pound, with the support of the RSPCA and the Tweed Shire Council, are offering low cost cat desexing in the Tweed Shire, at the Murwillumbah Showgrounds, conditions apply.

BOOKINGS ESSENTIAL: PHONE 0435 170 228

After 10 years, two un-desexed cats and their offspring can produce *80,399,780 cats
*2 litters per year, 2.8 surviving kittens per year, 10 year breeding life.



CATS CAN'T COUNT, BUT THEY SURE CAN MULTIPLY

COMMUNITY NEWS



Surfside Bus lines are presently conducting a program encouraging students that do not have a bus pass, to obtain one. If you are eligible, you travel FREE on their buses and this in turn helps the environment with less fuel emissions, mums and dads time, congestion at school entrances and buses run on time with less traffic congestion.

Application forms are at the school office so fill one in and see if you are eligible. Surfside also state that if you have a bus pass, then you are also eligible to enter a future completion with a HUGE first prize!!! Details in the coming weeks.

Tweed Coast Driving School



Tweed Coast Driving School

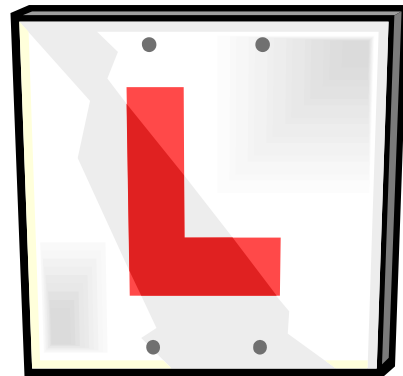
(07) 5524 5180



Catching a school bus is as easy as ABC...

- A Application - Fill out an application form. Eligible children travel FREE. Applications are available from school administration.**
- B Bus Pass - Remember to show your bus pass EVERY time you travel or have the correct change for your fare.**
- C Check out www.surfside.com.au for full details on bus timetables and how to apply for a bus pass.**

Application forms are available from your school Administration office. When complete, mail the application to: Surfside Buslines, PO Box 3036, Robina QLD 4230.



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 ADTA Member



0421 797 087
www.pedalsdrivingschool.com.au

STUDENT BEHAVIOUR

FOCUS: I am responsible for my actions in the bus bay and traveling to and from school

This means:

- I respect the instructions of the crossing attendants
- I wear a helmet to ride my bike
- I am on time for school
- I do not get out of a car in the bus bay

CHANGE OF INFORMATION

The school is installing a new roll marking/sms network system which requires up to date changes in email addresses and mobile telephone numbers of carers/parents. If you have changed your mobile in the past and feel you may not have informed the school would you please complete this form along with the email address.

Student Name..... Year:

Father's Mobile No..... Mother's Mobile No.....

Home Telephone No..... Emergency Contact No.....

Comments.....

PARENT EMAIL ADDRESS

SCHOOL NEWSLETTER

We now endeavour to email our School Newsletter to parents directly to their email address. Our goal is to have our Newsletter a paperless one. We would appreciate it if you would update us with changes to your email address in order for us to keep you in the loop. Please fill in the section below and have your child bring it to the front office.

Our fortnight Newsletter is available on our website at www.banorapnt-h.schools.nsw.edu.au

Student Name/s: _____ Year: _____

Email Address School Newsletter to be forwarded to: _____