

On The Waves

Banora Point High School

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Term 3 Week 10A

Monday 15 September 2014

EXPLORING FITNESS CHOICES

On Friday 5th September Yr. 11 PDHPE completed their exploring Fitness Choices unit with an excursion to Iceworld Bundall and Fitness First Robina. Most students took to the ice like pro's with only handful of students falling over. From here students travelled over to Robina Fitness First whereby we participated in a new aerobic concept called 'Shockwave'. This is brand new high intensity interval training based program that pushes the person to their limit. The activity is devised around team based activities that motivate and push a person to achieve better results. Our students excelled in this activity and even though we were sore and sorry after completing the class, most students said they would do it again if they could. Lee (our trainer) even said that we were one of the best groups that she had taken through this class. Well done on Yr. 11 in completing this activity and excursion.





From the Principal

Mr Greg Smith

This week six of our senior students will embark on their Kokoda Challenge. They have been preparing for this throughout the year and we wish them all a safe and interesting journey. The Year 12 graduation will occur this Friday. We hope to see a lot of family and friends at the event which marks the graduation of our sixth Year 12 cohort. As a group and individually they have made significant contributions to Banora Point High School. They have demonstrated a passion for ongoing improvement and I would like to recognise them for this quality. The ceremony will also be our senior student leadership induction program. Unfortunately Drew Jamieson and Rhiannon Ellis are part of the Kokoda team and therefore will be inducted in term 4.

I would like to remind all Year 12 students to check their HSC timetables carefully. They can be downloaded from the BOSTES website as well as accessed through Students Online. The dates and times should be placed into diaries and calendars so that they have no problem getting to their scheduled examinations. These are again being held at the school and students are expected to wear school uniform to these exams.

Smart and Skilled is a NSW Government reform which will change vocational education and training (VET) in NSW. Students leaving school in 2014 need to know about the training offered under Smart and Skilled.

From 1 January 2015, eligible students will be entitled to subsidised training in priority skill areas up to and including Certificate III with approved training providers, including all apprenticeships and some traineeships. There will also be subsidised training for higher qualification levels (Certificate IV, Diploma and Advanced Diploma).

Who is eligible?

Students must have left school to be eligible for Smart and Skilled.

Students must be aged 15 or older, live or work in NSW, and be an Australian or New Zealand citizen or hold a permanent resident or humanitarian visa.

Students who have completed a Certificate IV (unless as part of a VET in Schools qualification) will not be eligible for subsidised funding under Smart and Skilled.

Please see your Careers Advisor, Ms Dreyer for more details.

We currently have had a team working on a vision and core values statement for the school. A situational analysis is also being conducted, collecting qualitative and quantitative data around some key areas of the school, including student well-being, student learning and staff professional learning. This information will help direct the development of our 2015 – 2017 school plan. The team that has been drafted the vision and core values statements has staff, student and parent representation.

The Wollumbin Dreaming project culminated in their presentation at Murwillumbah RSL on Thursday. This is an Aboriginal student leadership program that has been running now for four years. The students' participation has been led by Mrs Leanne Wise and I believe that it has been very valuable.

We had a record number of students recognised at the Kids in Community Awards. This is a gala event and nominees and their parents were invited to a dinner and awards ceremony Twin Towns Services Club on Tuesday evening. It was wonderful to see such a large number of students recognised for their efforts both within the school and the local community.

NATIONAL SCIENCE WEEK

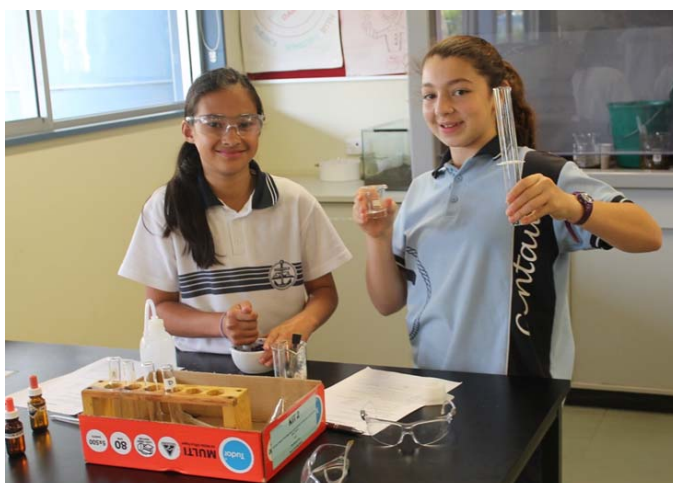
National Science Week was recently celebrated at Banora Point High School with two events. All of the students enjoyed a liquid nitrogen demonstration performed by Mr Leighton and Mr MacKenzie.

As part of the celebrations, students from Terranora and Centaur Public Schools attended a Science enrichment day conducted by Banora Point High School Science teachers and students from Griffith University.

The students participated in several different sessions including; the colour of light, cells- the building blocks of life, investigating if lemonade is acidic and how much sugar is in different drinks. All of the visiting students enjoyed the activities and gained a valuable insight into studying Science at a high school level.



Mr Leighton experimenting with liquid nitrogen.



Students from Terranora and Centaur Public Schools performing a Chemistry experiment.

Mr Klose
Head Teacher Science

CAREERS INFO

IS TAFE AN OPTION FOR YOU?

Enrol early ready for 2015.
What course are you interested in?

www.tafegoldcoast.edu.au



www.northcoast.tafensw.edu.au



BPHS SCHOOL CALENDAR TERM 3/4

- Week 10 GRADUATION CEREMONY 19th September
- Year 7 Uni-Bound Workshop – Tuesday 18th November, SCU Gold Coast Campus
- MONDAY 13th October HSC EXAMS COMMENCE
- FRIDAY 7th November HSC EXAMS CONCLUDE
- FRIDAY 14th NOVEMBER FORMAL @ TWIN TOWNS



SCHOOL & COMMUNITY NEWS



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

Mon 3rd Nov

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

Thursday 18 September - "Red" day at the canteen

Friday 19 September - Year 12 Graduation

THOUGHT OF THE WEEK

*Success is the sum of
small efforts, repeated
day in and day out.*

Robert Collier



CANTEEN MENU

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	

2014 MENU BANORA POINT HIGH SCHOOL

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 / Avocado50

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
Includes lettuce, tomato, corn, beetroot, carrot, cheese & cucumber	

Extras in Salad Boxes

Egg50
Avocado50
Chicken, Ham, Tuna	1.00

Snacks

Sumo Biscuits50
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



Canteen Red Day

Thursday 18 September



On Red Day this Thursday we will be having a sausage sizzle, soft drinks and other “Red” treats will be available on this day for recess & lunch.

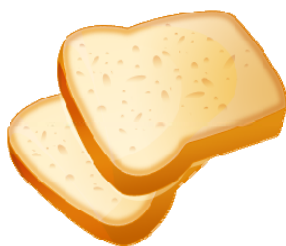
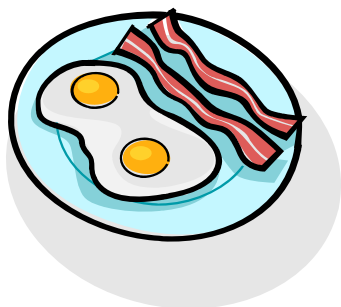
Term 4 will see the introduction of some new fresh salads. With the weather warming up these will be a cool healthy option.

A reminder our online ordering system with “Munch Monitor” will finish at the end of this term. If you have money in your account you can print off a “closure of account” form from the Munch Monitor website which will see any unused funds be refunded to you.

Orders can still be placed over the counter at the canteen before school or at any time prior to lunch.

The canteen will remain open for breakfast in term 4 from 7.45am - 8.25am. Items include:

- * Plain Toast - per slice - \$1.00
- * Raisin Toast - per slice - \$1.50
- * Yoghurt - \$1.80
- * Cereal - per pkt - \$2.50
- * Fruit Salad - \$3.50
- * Toasted Sandwich from \$3.00
- * Bacon & Egg Roll - \$4.00

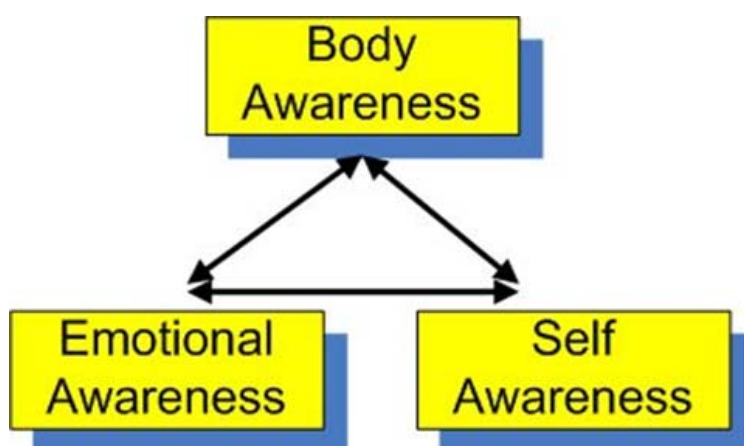


YEAR 7 ROCK AND WATER PROGRAM

Over the past two weeks, classes 7M and 7C participated in the 'Rock and Water' Program delivered by Banora Point High teacher, Adi Lengyel, as part of the Year 7 Healthy Lifestyle Program to promote the importance of mental health.

The Rock and Water program involves students developing an awareness of their strengths and capabilities and developing the ability to play, work and live respectfully together in a rapidly changing, multicultural society. The program aims to develop positive communication skills and raise an awareness of students' feelings and emotions.

The program can be characterised by a combination of the following themes:



1) Verbalising (Emotional awareness)

Through words and talking with each other, one can come to self-awareness and can build up friendships and relationships

2) Action (Body awareness)

Through action, (physical activity, games, sport) one can develop self-awareness and build up friendships and relationships

3) Thinking (Self-reflection)

7M and 7C students participated in two interactive lessons focusing on the following exercises:

- The Rock and Water salute (respect)
- Breathing and Balance (how to exhale, centre and ground themselves)
- Exploring their Centre of Power (when under physical pressure)
- Exploring their Centre of Calmness (when under mental pressure)

These themes will be explored further with year 7 students next term.

YEAR 7 ROCK AND WATER PROGRAM (Cont'd)



Strategies taught during lessons:

- 'Breathe into your belly'
- 'Take a step back'
- 'Count to 5'
- 'Look for help if needed'

IMPORTANCE OF MENTAL HEALTH

Positive mental health is characterised by a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment.

When we are mentally healthy we can:

- Form positive relationships
- Use our abilities to reach our potential
- Deal with life's challenges as they arise

Tips for positive mental health

- Talk about and express your feelings
- Eat a healthy balanced diet
- Exercise regularly
- Get enough sleep (e.g. 9-10 hours of sleep is recommended for teenagers)
- Spend time with friends and loved ones
- Develop new skills
- Relax and enjoy your hobbies (e.g. sport, music, arts)
- Set realistic goals (reward yourself when achieving your goals)

IMPORTANCE OF MENTAL HEALTH (Cont'd)

FOR FURTHER INFORMATION

Resources for young people

beyondblue

www.youthbeyondblue.com

1300 22 4636

beyondblue's website for young people aged 12 to 25. If you need to talk to someone, find more information or find out where you can go to see someone contact the beyondblue support service.

Kids Helpline

www.kidshelp.com.au

1800 55 1800

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

headspace

www.headspace.org.au

Helps young people aged 12 to 25 who are going through a tough time, providing support for problems like depression, anxiety, bullying and body image.

eheadspace

www.eheadspace.org.au

1800 650 890

A confidential, free and secure space where young people age 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Bite Back

www.biteback.org.au

A space where you can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

Reach Out

www.reachout.com

An online youth mental health service that helps young people with information, support and stories on everything from finding your motivation, through to getting through really tough times.

GLBTI services

For mental health support that is gay, lesbian, bi, trans and intersex (GLBTI) inclusive and respectful, contact local gay and lesbian counselling services. Visit www.beyondblue.org.au/glbti/contacts for more information or call the beyondblue support service on 1300 22 4636.

Aboriginal and Torres Strait Islander services

Aboriginal and Torres Strait Islander people should contact their local Aboriginal Community Controlled Health Organisation or Aboriginal Health Worker at their local health service.

Resources for parents

Parenting Strategies: Protecting Your Child's Mental Health

www.parentingstrategies.net

Learn some parenting tips to protect your child from mental health problems, and get personalised feedback on your current parenting around these issues.

eheadspace

www.eheadspace.org.au

1800 650 890

A confidential, free and secure space where young people 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Parentline

A confidential telephone counselling service providing professional counselling and support for parents and those who care for children.

The aim of Parentline is to nurture and support positive, caring relationships between parents, children, teenagers and significant other people who are important to the wellbeing of families.

Parentline ACT

(02) 6287 3833 (cost of a local call)

9am to 5pm, Monday to Friday

Parent Line NSW

www.parentline.org.au

1300 1300 52 (cost of a local call)

24 hours a day, seven days a week

Parentline QLD & NT

www.parentline.com.au

1300 30 1300 (cost of a local call)

8am to 10pm, seven days a week

Parent Helpline SA

www.parenting.sa.gov.au

1300 364 100 (cost of a local call)

24 hours a day, seven days a week

Parentline VIC

www.education.vic.gov.au/about/contact/Pages/parentline.aspx

13 22 89 (cost of a local call)

8am to midnight, seven days a week

Parenting WA Line

www.communities.wa.gov.au/parents/Pages/ParentingWALine.aspx

(08) 6279 1200 or 1800 654 432 (free for STD callers)

24 hours a day, seven days a week

COMMUNITY NEWS

PRESIDENT: Mr Les Gallard
SECRETARY: Mrs Cynthia Hanger
TREASURER: Mr Allan Campbell

PO Box 727 Murwillumbah NSW 2484
Tel/Fax: (02) 6672 5507 Mob: 0427 725 507
Email: secretary@murwillumbahshowground.com.au



Tweed River Agricultural Society Ltd
ABN: 70 003 366 407 ACN: 003 366 407

LED STEER COMPETITION

Place: Commercial Cattle Ring, Murwillumbah Showground

Date: Saturday 1st November 2014

Time: 10.30am

Sections: School Section - Under 13 years of age – Led Steer any age

13 years but not exceeding 18 years – Led Steer any age

Open Junior Section – Led Steer any age

Entry Fee: \$2.00

Prize Money 1st - \$50.00 2nd - \$30.00 3rd - \$20.00

REGULATIONS:

1. ALL CATTLE MUST HAVE NLIS TAGS

2. Steers must not have horns

3. The Society will not be responsible for any accident happening that may be caused through or by any exhibit and will not in any circumstances hold itself responsible or be liable for any loss, or mis-delivery of, or injury or damage to any exhibits or to the persons or property of others and it shall be one of the conditions of entry that each exhibitor shall hold the society harmless and indemnify the society against any proceedings arising from any such accident, happening or loss.

Please contact Les Gallard on 0427 456 955 or by email les@gallard.com.au with expressions of interest or if you require any further information

COMMUNITY NEWS

Celebrate Remember Fight Back!



TWEED VALLEY RELAY FOR LIFE MARCH 7th & 8th

CALL FOR VOLUNTEER COMMITTEE MEMBERS

**General meeting Wed. 17th September Cudgen
Headland Surf Life Saving club 6pm.**

We are in need of people to fill the vacant positions and people to come on board to assist coordinators. If you think you can offer a little or a lot of your time, please come along to our first official Relay for Life Committee meeting for the 2015 Relay.

Contacts Dot 0438742637 or
Lynn 07 5599 2175

*Volunteers needed
Working Bee*



Sunday 19th Oct.

9.00-1.00

All helpers welcome

Painting/gardening etc. at BPHS

HAVE FUN, MAKE NEW FRIENDS, AND LEARN ABOUT ANOTHER CULTURE !

Volunteer to host an international high school student arriving into Australia in February 2015, and you'll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!



**SOUTHERN
CROSS
CULTURAL
EXCHANGE**



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.



COMMUNITY NEWS

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?

Experience another culture, make new friends and improve your language studies at home

Hosting – An Experience for Life

Student Exchange is looking for host families across Australia to welcome overseas students into their home



www.studentexchange.org.au

1300 135 331 (cost of local call)



LEARN TO SWIM SCHOOLS September-October Holiday Intensive Learn-To-Swim Program

Week 1

Monday 22 September to Friday 26 September

Week 2

Monday 29 September to Friday 3 October

5 Days, all classes

ONLY \$65

BOOK NOW AT RECEPTION

- Murwillumbah Pool (02) 6670 2750

- Kingscliff Pool (02) 6674 0195

- South Tweed Pool (07) 5569 3120

Please note that there are no makeup lessons available for missed or cancelled holiday lessons.

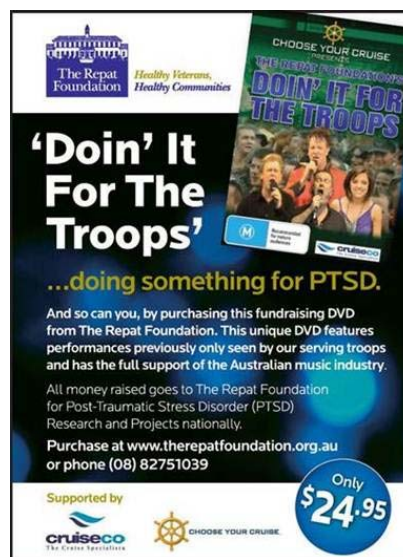
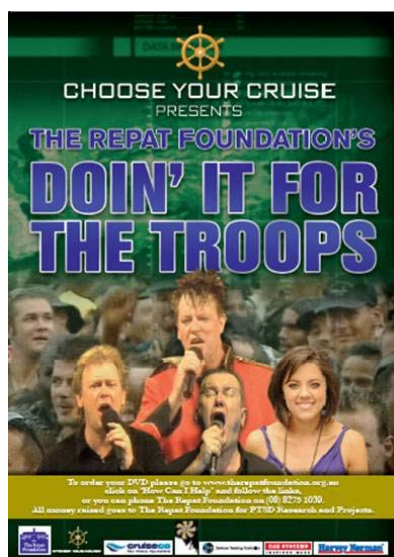


For more information visit
trac.tweed.nsw.gov.au

**Doin' It For The Troops**

Doin' It For The Troops DVD is narrated by award winning artist Amber Lawrence and with its great play list this is a DVD that everybody would like to own. One hour and 39 minutes of wonderful entertainment. The DVD is \$24.95 + postage which is great value.

Every single cent raised goes towards helping our returned Veterans who suffer from PTSD and their families nationally.



Contact The Repat Foundation on 8275 1039 or go to www.therepatfoundation.org.au to order your copy.

COMMUNITY NEWS

SOUTHERN CROSS CULTURAL EXCHANGE Year 10 SCHOLARSHIP 2014

S.C.C.E. is offering a 3-month Scholarship for
November 2014 — January 2015 to your choice of:



France



Germany



Italy

Be back in time to start Year 11!



Join thousands of S.C.C.E. returnees in their
decision to make a difference to their future!

Scholarship is valued at **\$3,950** towards the full program fee

Scholarship is 50% off full program fee. It includes:

- Return flights to destination country on Singapore Airlines
- Domestic transportation in host country and Australia
- Selected host family
- Attendance at overseas local school
- Full 24/7 support in host country
- S.C.C.E. professional support
- Fully comprehensive insurance cover
- Program departure date: 29 Oct 2014. Returning 3rd week of Jan 2015.

How to apply:

Email your name, address, phone number and name of your school and year level to scceast@scce.com.au. Ask for a scholarship application kit or enquire at www.scce.com.au. You will be required to submit a 1,000 word essay (maximum length) on a particular topic by **1st August 2014**.

TAFE COURSE Kingscliff Campus

**Communicating in the Computer Age
Certificate I in Access to Work and Training**
Course no: 10443

Study Pattern: 2 days per week Wed & Fri
9 – 2:30pm for 18 weeks

For anyone wanting low level computing & writing skills. Course cost: \$25.00.

*For more information please contact
Sharyn Lane on 02 6674 7267*

English Language Classes

Study Pattern: Up to 4 mornings per week Mon
– Thur

For people from a Non English speaking background.

Course cost: \$25.00 part-time or \$50.00 full-time

*For more information please contact
Sharyn Lane on 02 6674 7267*



Health
Northern NSW
Local Health Network

**Student
Health Care**

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.



COMMUNITY NEWS

START BUILDING YOUR BILLYKART NOW! ENTER VIA OUR WEBSITE TODAY

James Street, Burleigh Heads



FREE TO ENTER

V8 BILLYKART DERBY

WIN PRIZES

PRIMARY/SECONDARY
SCHOOL & OPEN CLASS*

CLASSIC CAR
DISPLAY

BILLYKART
SHOW 'N' SHINE

V8 SUPERCAR DRIVERS
& LIVE MUSIC

SUN 19TH OCTOBER
FROM 9AM

- WWW.COOLYROCKSON.COM -

Powered By
V8 SUPERFEST
17-26 OCTOBER 2014
GOLD COAST 600

BEAUTIFUL MILEAGE
CENTRE OF THE GOLD COAST

*DRIVERS AGED 7+

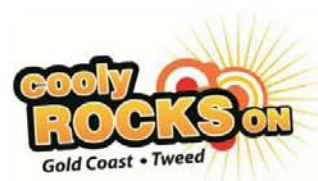
cooly ROCKS ON

f V8BillyKartDerby
#V8superfest

Please find the two page billycart derby entry form over



Please print & fill out the entry form and return by:
 Email - tess@coolyrockson.com
 Mail or in person – Shop 203/87 Griffith St Coolangatta Q, 4225
 Fax – 07 5599 2081



Driver (*Min age 7 years on day of event) Name.....
 Contact Phone Number..... Mobile.....
 Email Address.....
 Entrant Signature..... Date of Birth.....
 Parent/Guardian Name (if entrant u18).....
 Parent/Guardian Signature.....
 Entrant Team Name.....
 Bio (tell us a bit about your Team & Kart)

For office use only

ENTRY CATEGORIES (per team please circle)

Primary School (up to year 6)

Secondary School (up to year 12)

Open (everyone else)

***Minimum age to enter the V8 BillyKart Derby is 7 years on the day of the event.**

To enter the Derby please print and fill out this form and post or deliver it to Cooly Rocks On, Shop 203/87 Griffith St Coolangatta Qld, 4225. Postal entries must be received by 15 October.
 In person & on the day entries will be accepted until 8am 19 October, 2014

Driver Specifications

- The driver must at all times wear the following:
- A properly fastened helmet. The helmet must meet minimum Australian standards
- Gloves & strong sturdy shoes (thongs, sandals and the like will not be accepted)
- Long sleeve shirt and long pants or elbow & knee pads
- Adequate eye protection (goggles with head strap preferred)
- It is strongly recommended the entrant or their parent/guardian have accident & health policy, ambulance cover & private health insurance to cover the entrant, as **V8 BillyKart Derby entrants are NOT covered by the event public liability insurance.**

V8 BillyKart Derby, DISCLAIMER

1. I the undersigned in consideration of and as a condition of acceptance of my entry in the V8 BillyKart Derby, for myself, my heirs, executors and administrators, hereby waive and release all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of life or, injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. This Waiver, release and discharge shall operate in favour of Cooly Rocks On Festival inc. its employees, committee of management, all sub committees, volunteers, V8 Supercars and Gold Coast City Council and will operate whether or not the damage or cause is due to any act or neglect of any of them.

Driver Signature _____ **Date:** _____

I certify I am the parent/guardian of driver name _____ **and he/she has my consent to enter the V8 BillyKart Derby. Print Name:** _____

Signature _____ **Date:** _____

V8 BillyKart Derby Rules:

- BillyKarts must commence from a standing start.
- BillyKarts must have a fixed seat & drivers remain seated during the entire race.
- A BillyKart driver may be disqualified at any time by the Chief Marshall.
- The Primary School category may race over a shorter track.
- A Secondary School category entrant may race over the shorter track at the discretion of the Chief Marshall
- The open category is for any entrant who on the day of the event is not currently enrolled or attending a Primary or Secondary school.
- An entrant can enter more than one category only. (At the chief marshals discretion)
- All BillyKarts are to be presented to the scrutineers between 7.45am & 8.45am
- All entrant must attend the pre event briefing for any additional rules and allocation of race times
- BillyKarts not meeting minimum specifications will not be permitted to be used in the V8 BillyKart Derby.

V8 BillyKart Specifications

- Maximum dimensions 1.2mtr wide x 3.5mtr long x 1.2mtr high
- 100mm minimum road clearance
- Must have adequate steering mechanism
- Must have good working brakes (not foot on wheel or road)
- No dangerous protrusions
- No motors, Sails, pedals or any other propulsion device
- Must be of sturdy construction
- Must pass safety check/scrutineering
- Must be a minimum of four (4) wheels, each wheel must not exceed 900mm in diameter

Driver & Kart Registration
(Every driver must complete this registration form)

Name			
Address			
City, State		Post code	
Phone		Mobile	
Email		DOB & Age	

I have and will wear the following

Long Sleeves	YES	Long Pants	YES
Gloves	YES	Approved Helmet	YES
Elbow Pads	YES / NO	Knee Pads	YES / NO

I have read the conditions of entry prior to completing this form. I understand and acknowledge that Billy Kart racing can be dangerous. I agree that by signing this form, I am entering the V8 BillyKart Derby presented by Cooly Rocks On and Powered By V8 Superfest at my own risk. I understand that although the organisers of the event will make every effort to ensure it is safe and fun, I also understand and acknowledge that they, their employees, committees, volunteers, V8 Supercars and Gold Coast City Council are not liable for any injuries occurring to me or for any loss or damage occurring to my Billy Kart or personal belongings, before, during or after the event. I will not execute legal proceedings against any individuals or the organisers of the V8 BillyKart Derby or organisations mentioned above a result of any injury, loss or damage that occurs during the day to me, my Billy Kart or my personal belongings. Additionally I give my permission for my photo, likeness, and/or voice to be used for publicity involving the V8 BillyKart Derby.

I also understand and acknowledge the event carries no insurance coverage, public liability or otherwise, for me as a participant of the event for any medical expenses or otherwise which may arise as a cause from entering this event. In the event of me having an accident during the race I am solely liable for any/all expenses which may arise from said accident.

Signature of Driver: _____ Date: _____

If under 18 years, acknowledgement and details of parent or guardian

Name			
Address			
City, State		Post code	
Phone		Mobile	
Email		DOB & Age	

Signature of Parent/Guardian: _____ Date: _____

"Powered by V8 Superfest"



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.



School Transport Services

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.



School
transport
Services

PO Box 3036, Robina 4230
P. 07 5571 4555
F. 07 5571 4556
schools@tagroup.net.au
www.surfside.com.au



Tweed Coast Driving School

BANORA POINT DRIVING SCHOOL

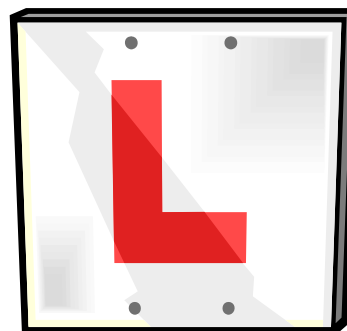
SETTING DRIVING STANDARDS

- 1st Class Driving Instructor
- One-to-one Learner Lessons
(1hr=3hrs for 120hr quota)
- Automatic & Dual Control Manual
- Accredited RTA Age Testing Examiner

Lic No 9809

Contact Brian

5524 7682
0412 363 392



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www.pedalsdrivingschool.com.au

STUDENT BEHAVIOUR

FOCUS: I respect myself in exams.

This means:

- I bring all required equipment
- I have studied for all my exams
- I use all the time allocated and go over my answers before submitting the exam

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: _____