

## Kids in Need 30<sup>TH</sup> DRAGON BOAT FESTIVAL

Banora Point High School Staff and Students supported once again, the local charity Kids In Need's 30<sup>th</sup> Anniversary Dragon Boat Regatta. The regatta was another fun filled day for all participants on Sunday 15 November at Jack Evens Harbour, Tweed Heads.

The day was very windy but we all received a bit of a sun tan. The Dragon Boat Racing is all in good fun and of course being a water sport we all got a bit wet – ok, very wet.

Thank you to all students and staff for supporting this worthy cause.





## From the Principal

Mr Greg Smith

A number of key events have occurred in the past two weeks. The Year 12 Formal was conducted at the Seagulls Club this year and our students once again arrived in style, appeared as mature, elegant young adults and celebrated and had fun with family, staff and members of their graduating year. There were representatives from Bond, Southern Cross and Griffith Universities and our students received a large number of early entries to university. Well done to all of our outgoing Year 12 and we hope you receive the results you have worked for.

On Sunday 15<sup>th</sup> November our school once again supported Kids in Need by entering two teams in the dragon boat races at Jack Evans Boat Harbour. We had both a student team and a staff team. I believe that it is great team building activity, as well as a fun event that supports our community. A special thanks to Mrs Denice Hardie and Mr Mark Mackenzie for their organisation of teams for the day.

On the evening of Sunday 15<sup>th</sup> November I had the pleasure of being a guest at the Bond University Scholarship presentations. Three of our students received scholarships:

- Chloe Kendon
- Cory Woodhart
- Tom Reuben

I would like to congratulate them on this great achievement and acknowledge the work of Ms Dreyer in assisting with applications.

# BRAVEARTS



**You are cordially invited to Banora Point High School's annual performance... BRAVEARTS 2015!**

**Experience the full breadth of our students' skills in Drama, Dance, Music and Visual Arts.**

**We are welcoming all families and the community to watch the performance at 6.30pm on Wednesday 2<sup>nd</sup> December 2015. The show will run for approximately two hours and we look forward to entertaining you!**

**Can't wait to see you there!**

# White Ribbon Day



Although White Ribbon Day is on Wednesday 25 November, the SRC at Banora Point High School coordinated a mufti day on Tuesday 24 November to raise awareness of domestic violence and the extreme importance of positive relationships.

We are asking all staff and students to wear white for this special and important cause and bring along a gold coin donation.

Banora Point High School encourages as many people as possible to visit the White Ribbon Australia website at [www.whiteribbon.org.au](http://www.whiteribbon.org.au) to take the oath against domestic violence in an aim to build a collective voice to facilitate a much needed social change! Furthermore if anyone would wish to make further donations it is also possible from this site.

Thank you in advance in helping to make a difference!





# TALENTED ATHLETE PROGRAM

In week 6 the TAP squad participated in a masterclass on sports nutrition. Students were broken into groups and were each given a dish to prepare. There were a variety of dishes and each group had to identify the main nutrition element and how it helps or hinders sports performance. Dishes prepared and presented by the students included zucchini and rice slice, leek and bacon quiche, banana cake, mars bar slice, chocolate raspberry brownies and mini pizzas. Thankyou to the TAS department for allowing us to use their cooking rooms.



Victory Ford  
[www.victoryford.com.au](http://www.victoryford.com.au)



Tweed Coast Isuzu UTE  
[www.tweedcoastisuzuute.com.au](http://www.tweedcoastisuzuute.com.au)



Tweed Coast Chery  
[www.tweedcoastchery.com.au](http://www.tweedcoastchery.com.au)



Victory Financial Services  
[www.victoryford.com.au](http://www.victoryford.com.au)

# TERM 5 ACTIVITIES

## TUESDAY AND WEDNESDAY WEEK 11

Once again we will be holding Term 5 activities on Tuesday 15 and Wednesday 16 December of Week 11. All students have been asked to select ONE morning activity (which they will complete both Tuesday and Wednesday mornings) and ONE afternoon activity (which they will complete both Tuesday and Wednesday afternoons). Shown below are the activities available for the morning and afternoon sessions. Those activities that incur a cost have the cost shown next their name. This covers the activity for BOTH days.

### MORNING ACTIVITIES.

Tennis (\$6.00)  
 Bottle Rockets (bring an empty 1.25L bottle)  
 Golf (\$30.00)  
 Board games  
 Surfing (\$20.00)  
 Beach walking (\$20.00)  
 Fishing & Picnic (\$20.00)  
 Sports games  
 Movie appreciation  
 Computer games.

### AFTERNOON ACTIVITIES.

Anime & sushi making (\$4.00)  
 Christmas Craft (\$10.00)  
 Movies  
 Pottery  
 Card games  
 Computer games  
 Board games  
 Chilled out BYOB (reading)

Mrs Clancy & Mrs Clurey

## PREMIER SPORT LEADERS

On Tuesday 10 November Banora Point High had 18 students participate in the Premier Sport leading with Action Day. Along with students from each of the T5 schools (Wollumbin, Tweed River, Murwillumbah and Kingscliff) our students were given a choice of 6 sports to participate in and increase their knowledge of how to coach the basics of the game. We had development officers from Golf, Rugby Union, Tennis, Rugby League, Soccer and AFL help our students better understand the game and fundamentals in coaching the sport. Next year these students will use these skills to take a group of primary school students and lead them through completing basic sports skills.

Well done to all our students on your efforts on the day!

Regards  
 N.Williams



# MAKE ONLINE PAYMENTS

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website ([www.banorapnt-h.schools.nsw.edu.au](http://www.banorapnt-h.schools.nsw.edu.au)) by selecting \$ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

***Please do not pay for uniforms online as the uniform shop is privately owned.***

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.**

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.







### 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	50c

### Fresh Wraps

Salad with mayo	\$3.00
Chicken & salad w/mayo	\$4.00
Ham & salad w/mayo	\$4.00
Tuna & salad w/mayo	\$4.00

### Special Wraps - lettuce, tomato, cheese

Mexican Wrap	\$4.00
--------------	--------

*Taco style mince with corn, avo & sour cream*

Sweet chilli tender wrap	\$4.00
--------------------------	--------

*sweet chilli coated chicken tender w/sweet chilli sauce*

### Daily Specials

#### Monday

Check specials board *(specials change weekly)*

#### Tuesday

Check specials board *(specials change weekly)*

#### Wednesday

Check specials board *(specials change weekly)*

#### Thursday

Eagle boys pizza (equal to 2 slices)	\$3.50
--------------------------------------	--------

*Hawaiian, meatlovers, vegetarian, cheese*

#### Friday

Nachos	\$3.50
--------	--------

*With sour cream and sweet chilli sauce*



### Burgers - lettuce, cheese, tomato & beetroot w/ your choice of tomato BBQ, sweet chilli, aioli or mayo

Cheese burger - beef & cheese	\$3.50
Hamburger	\$4.00
Chicken burger	\$4.00
Fish	\$4.00
Veggie	\$4.00

### Pies & Sausage Rolls

Sausage roll	\$3.00
Plain pie small	\$2.50
Plain pie large	\$3.50
Spinach & ricotta roll	\$3.50
Lamb & rosemary triangle	\$3.80
Flavoured pies	\$3.80
Sauce - tomato or BBQ	20c

### Toasted Turkish Bread

Ham & cheese	\$3.50
Chicken, cheese & avo	\$4.00

### Others

Corn on the cob	\$1.20
Potato wedges (cup)	\$3.00
Hot dogs - fat free	\$3.00
Chicken chipees	\$3.50
Macaroni cheese	\$3.80
Lasagne	\$3.80

### Drinks

Bottled water 600ml	\$1.20
Bottled water 750ml sip cap	\$1.80
Milk - plain small	\$1.20
Poppers - apple, orange, tropical	\$1.60
Focus water	\$1.80
Crazy lemon lemonade small	\$1.80
Crazy lemon lemonade large	\$3.00
Glee	\$2.00
Up N Go - choc, straw, banana, vanilla	\$2.00
Flavoured Milk 300ml	\$2.00
Flavoured Milk 500ml	\$3.00
Iced coffee	\$3.50
Hot chocolate	\$2.50
Juice 500ml 35%	\$2.80
Juice 500ml 100%	\$3.00
Iced Tea	\$2.70
Slushie Small	\$1.50
Slushie Large	\$2.50



### Fresh Sushi

Fresh Sushi	\$2.70
-------------	--------

*Chicken & avo, chicken teriyaki, tuna, honey soy chicken, tuna & avo, prawn tempura, prawn sweet chilli, salmon & avo, vege tempura, salmon & cream cheese, salad, avo, inari, california roll (crab, avo & egg)*

### Salad Boxes

Fruit salad	\$3.50
Salad	\$3.50

### Extras in Salad Boxes

Egg	50c
Avocado	50c
Chicken, ham, tuna	\$1.00

### Snacks

Sumo biscuits	50c
Eucalyptus drops	60c
Fruit - banana, orange, apple, seasonal	\$1.00
Assorted Chips	\$1.20
Cheese & bacon rolls	\$2.00
Vegemite & cheese scroll	\$2.00
Yoghurt	\$2.00
Finger buns	\$2.00

### Ice Treats

Frozen juice cup	70c
Many frozen cups	70c
Calippo	\$1.00
Icy twist	\$1.20
Paddle pops	\$1.50
Paddle pop shaky shakes	\$2.00
Frozen yoghurt	\$2.00
Sorbets	\$2.50



## THOUGHT OF THE WEEK

"Blowing out  
someone else's  
candle  
doesn't  
make yours  
shine  
any brighter."

*thisislovelifequotes.net*

## UPCOMING EVENTS



The next P&C Meeting  
will be held on

**Monday 7 December**

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!*

## SCHOOL &amp; COMMUNITY NEWS



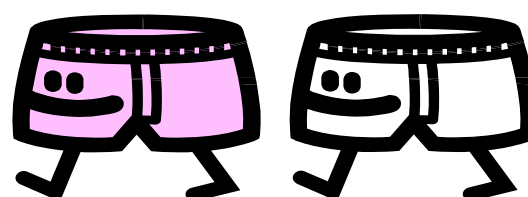
### ***Thank you to local businesses***

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

- Gloria Jeans Coffees - Tweed Mall
- Tweed Valley Concrete
- Victory Ford
- Southern Cross Homes - St Josephs
- Heritage Lodge
- Raffles Assisted Aged Care
- Opal Aged Care - Kirra
- Connections Café - The Salvation Army Tweed Centre
- Orbital Construction Pty Ltd



**Parents, if your child has some school shorts that are no longer required and you are happy to donate them back to the school, the Support Unit would GREATLY appreciate these!**





## SCHOOL AND COMMUNITY NEWS



Cudgen Netball Club is a dynamic and enthusiastic club that has continued to grow from strength to strength for many years. Cudgen Netball Club offers opportunities for netballers from the age of 5 years right through to our open's division. In 2016 we look forward to seeing our current players return to the court and we always look forward to welcoming new players to our Club.

**SAVE THE DATE....**

Registration for the 2016 netball season will be held on:

**Saturday 30th Jan 2016**

10am - 12noon

**Sunday 7th Feb 2016**

1pm - 3pm

Registration will be held at  
Kingscliff Beach Bowls Club

**Registration Dates**

Saturday 30th Jan  
10am - 12noon

Sunday 7th Feb  
1pm - 3pm

**COACHES:**  
**We are looking for expressions of interest from people who would like to coach for the 2016.**

**CONTACT THE CLUB**

President: Tamie Doman  
0402 556 906

Registrar: Karen Arnold  
0423 380 359  
(after business hours only)

Follow us on facebook:  
[www.facebook.com/Cudgen-Netball-Club](http://www.facebook.com/Cudgen-Netball-Club)

Flyer designed by  
A1 Marketing Services  
Call 0433 108 554  
Graphic Design, enews,  
social media & printing

**TERRANORA NETBALL CLUB****Sign on dates for the 2016 Netball Season****Early bird sign on:**

Thursday 26<sup>th</sup> November 4.30-5.45pm – Arkinstall Park (outside Tweed Netball clubhouse)

\$20 deposit and the option to pay off your rego fees prior to the final sign on.

**2016 sign on dates:**

Friday 29<sup>th</sup> January 3.00-3.45pm – Terranora Public School (outside the hall)

Saturday 6<sup>th</sup> February 10.00am -12.00pm – Terranora Public School (outside the hall)

Saturday 20<sup>th</sup> February, time 9.00-11.00am – Tweed Netball, Arkinstall Park

20<sup>th</sup> Feb sign on is a collaborative sign on for all Tweed clubs to try and accommodate any last minute registrations, clubs may not be able to accept players on this day if their teams are full.

New players will need to bring their Birth Certificate to sign on

Any questions or for more information please contact:

[terrnanetball@gmail.com](mailto:terranoranetball@gmail.com) or Jen Landon 0419609793

# 2016 NETBALL REGISTRATION

Come and play for  
Tweed's fastest growing netball club

Kingscliff Netball Club welcomes all girls aged 5 years and above. All teams train at Arkinstall Park, Tweed Heads & competition will commence in March 2016.

**2016 FEES\*** | 5 - 7 years \$80  
8 years - opens \$195

\* Kingscliff Netball Club is pleased to offer a payment plan for fees. Please contact [kncsecretary@gmail.com](mailto:kncsecretary@gmail.com) for further information.

**Kingscliff**  
NETBALL CLUB

**2016 sign on dates:**

**Saturday 30th January 2016 & Saturday 6th February 2016**

Credit card facilities will be available at sign on, however a surcharge of 1.9% will apply. We also accept direct deposit and cash.

Where: Chinderah Tavern  
Time: 9am to 1pm

**For more information:**

☎ 0451833445 ✉ [kncsecretary@gmail.com](mailto:kncsecretary@gmail.com)

## SCHOOL AND COMMUNITY NEWS




**\$15**

## PET PHOTOS

*with Santa!*

**SAT 12 & SUN 13 DEC  
SAT 19 & SUN 20 DEC  
10AM - 3PM**

**PETBARN**  *Everything for the*

[www.friendsofthepound.com](http://www.friendsofthepound.com)

EXPAND YOUR WORLD  
WITHOUT AN AIR-TICKET

*Capture the spirit of fun and friendship in your own backyard!* Department of Education-registered Southern Cross Cultural Exchange (since 1983) wants to provide your family with a different educational and cultural experience. Your children will also have an invaluable opportunity to improve their foreign language ATAR score by living a few months with a native speaker at home as a 'sibling'. If you have a spare room and a place at the family table, why not begin next year with a new mission? Introduce a wonderful 15-17 year-old exchange student as a member of your family, and appreciate how your family sees the world, and each other, in a new light.

Enjoy sharing cultures with your exchange student from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden, Canada or the USA for 3, 5, or 10 months. Call S.C.C.E. now on 1800 500 501 or email [scceaust@scce.com.au](mailto:scceaust@scce.com.au) or visit [www.scce.com.au](http://www.scce.com.au) and ask for a selection of profiles of incoming exchange students.



Connecting Lives, Sharing Cultures

## WELCOME THE WORLD TO YOUR HOME!

Why not host an overseas exchange student with AFS Intercultural Programs? We have participants due to arrive in February and they require volunteer host families for their stay in New South Wales.

Make a friendship that can last a lifetime. Participants come for 5 months to 11 months and attend high schools and become an active member of the school, community and your family. They come from countries including France, Germany, Netherlands, Switzerland, Finland, Canada, Japan, Costa Rica, Argentina and Brazil.

If you are interested in going on an exchange overseas we would also love to hear from you to discuss the opportunity of becoming an exchange student.

For more information please call **Sharon Toohey** on 02 9215 0077, [aus.hosting@afs.org](mailto:aus.hosting@afs.org) or contact the AFS Hosting team on 1300 131 736 or visit [www.afs.org.au/host](http://www.afs.org.au/host) to make an inquiry!

## 1ST CHINDERAH SCOUT GROUP

## Christmas Tree Sales



**SMALL \$55 MEDIUM \$65 LARGE \$75**

**POTTED TREES SMALL \$55 MEDIUM \$65**

**TO ORDER**

**EMAIL: [GROUP@CHINDERAHSCOUTS.COM.AU](mailto:GROUP@CHINDERAHSCOUTS.COM.AU)**




## SCHOOL AND COMMUNITY NEWS

NSW Health Northern NSW Local Health District

**ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS**

**IT'S FREE!**



**CALL TODAY**

Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

**NORTHERN NSW CLINICS Phone: 1300 651 625**  
Tweed Heads, Pottsville, Murwillumbah, Mullumbimby, Ballina, Goonellabah, Casino, Nimbin, Maclean, Grafton, Yamba

**Banora Point HIGH SCHOOL**

**BACK TO BASICS**  
Schoolwear & Sportswear

**UNIFORM STORE  
OPENING HOURS**

**2014-2015**

**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*


**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**



**The BRAVE PROGRAM.**

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of *beyondblue*, this program is now freely available to all young people aged 8-17 years old who are living in Australia.

BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au).



## 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](http://www.banorapnt-h.schools.nsw.edu.au)

Student Name/s: ..... Year: .....

Email Address School Newsletter to be forwarded to: .....

