

ZONE SWIMMING CARNIVAL



On Tuesday the 17th February Banora Point High School attended the FNC zone swimming carnival. This year we had 5 students progress through to the North Coast carnival with outstanding performances. Congratulations to Zoe Taylor West, Bindi Ware, Ciara Landon, Christine Bacala and Drew Jamieson who will be representing the far North Coast on the 5th March in Lismore.

U14 GIRLS 4 x 50M RELAY

Zoe Taylor West, Bindi Ware, Ciara Landon, Christine Bacala

INDIVIDUAL EVENTS

ZOE TAYLOR WEST	200m F/Style	100m F/Style	50m F/Style	100m Breast stroke	100m Back/s	100 B/Fly
BINDI WARE	200m F/Style	100m F/Style	50m F/Style	100m Breast stroke	100m Back/s	100 B/Fly
DREW JAMIESON	50m F/Style	100m B/Fly				



Drew Jamieson competing in his 17+ 100m



Drew Jamieson in recovery mode after placing in the U17 +50m Freestyle

FAR NORTH COAST AGE CHAMPIONS

Well done to Zoe Taylor-West and Bindi Ware who achieved Age Champions for 12 and 13yr old girls in the Far North Coast. Outstanding achievement!!



12 Yr Old Girls FNC Age Champion
Zoe Taylor-West



13 Yr Old Girls FNC Age Champion
Bindi Ware





From the Principal

Mr Greg Smith

Last week we recognised our school swimmers who demonstrated that they were striving for their personal best at our recent swimming carnival. Since then our students have competed at the Far North Coast Zone carnival. Two outstanding results were in Year 7 with Zoe Taylor West (12 yr girls) and Bindi Ware (13 yr girls) being declared age champions. Well done girls.

The P&C annual general meeting is being held on Monday 2nd March at 7.00pm in our conference room. This will be followed by our regular March meeting. Please come along and support your children by supporting our P&C.

We had a strong turn-out to the Year 5 and 6 information evening and tours of the school last week. This was strongly supported by students as both tour guides and giving their view of our school, along with staff who provided interactive activities and displays for students and parents. This commitment goes a long way to showcasing some of the opportunities that are available at Banora Point High. I wish to thank the students and staff for giving their time so willingly.

As previously mentioned, there is a new DEC attendance policy for 2015. It emphasises that regular attendance at school for every student is essential if students are to achieve their potential, and increase their career and life options. Schools in partnerships with parents are responsible for promoting the regular attendance of students. Parents must provide an explanation to the school within 7 days of the first day of any period of absence. A child is considered to have an unsatisfactory school attendance when they have:

- regular absences without explanation (despite follow-up from the school)
- regular absences and explanations provided by parents that are not accepted by the principal, or
- extended periods of absence without an explanation or the explanation is not accepted by the principal. An extended period of absence may be consecutive or irregular patterns of non-attendance.

One of the significant changes in the policy concerns application for extended leave. From the beginning of 2015, family holidays and travel are no longer con-

sidered under the Exemption from School - Procedures. Travel outside of vacation period is now counted as an absence for statistical purposes. Schools should not accept a reason for travel during school term if it is not in the best interests of the student. Educational, social and participation reasons should be specified on the application. There are some reasons for extended leave that cannot be avoided including family business and bereavement. We encourage parents to arrange family holidays with your child during school holiday periods. Parents wishing to have their child on extended leave for travel involving more than ten days must complete an Application for a Certificate of Extended Leave - Travel. These are available from the school and can also be downloaded from https://www.det.nsw.edu.au/policies/student_admin/attendance/sch_polproc/app-extl.pdf

The Family Energy Rebate is one of a number of NSW Government energy assistance programs to help eligible households reduce the impact of electricity costs. It takes just two minutes to [apply online](#) and once submitted the rebate application begins processing. Applying online can also be done from mobile, internet-enabled devices including smartphones and tablets.

The application submission deadline is **Midnight 16 June 2015**.

2014-2015
NSW Family Energy Rebate

\$150*
TOWARDS
ENERGY
BILLS

**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

UPCOMING EVENT

Earth Learning presents

Dr Karl

It has been arranged for Dr Karl Kruszelnicki to speak to Tweed 5 students. Dr Karl has not spoken in the Tweed before and is enthusiastic to speak to year 7 to 12 students. The talk to students at Kingscliff High MPU at Midday Friday 13th March is free. The MPU capacity is 500 and Dr Karl has requested to speak with as many students as possible. He is happy to sign his books and his books will be available for sale through Mary Ryan Books.

Banora Point High School has arranged an excursion for Yr 7, 8 9 Science classes for \$5.00 to cover transport.

In the evening at 7pm Friday 13th of March, Kingscliff High have been kind enough to make the venue available to the public and other school students for a book signing and Earth Learning fundraiser.

Funds go towards the Tweed River - Murwillumbah Riverbank Restoration Walk and Open-air Gallery supported by the 25th Anniversary Landcare Grants, Murwillumbah Services Club ClubGRANTS and Tweed Shire



Earth Learning presents

Dr Karl Kruszelnicki

'Great Moments in Science'

Friday 13th March 2015
7pm (NSW)

Kingscliff HighSchool

Multi Purpose Unit

Adults \$10 Concession \$5

All welcome to this not for profit fundraiser
to help restore Tweed riverbank & biodiversity.
www.earthlearning.org.au

Supported by:

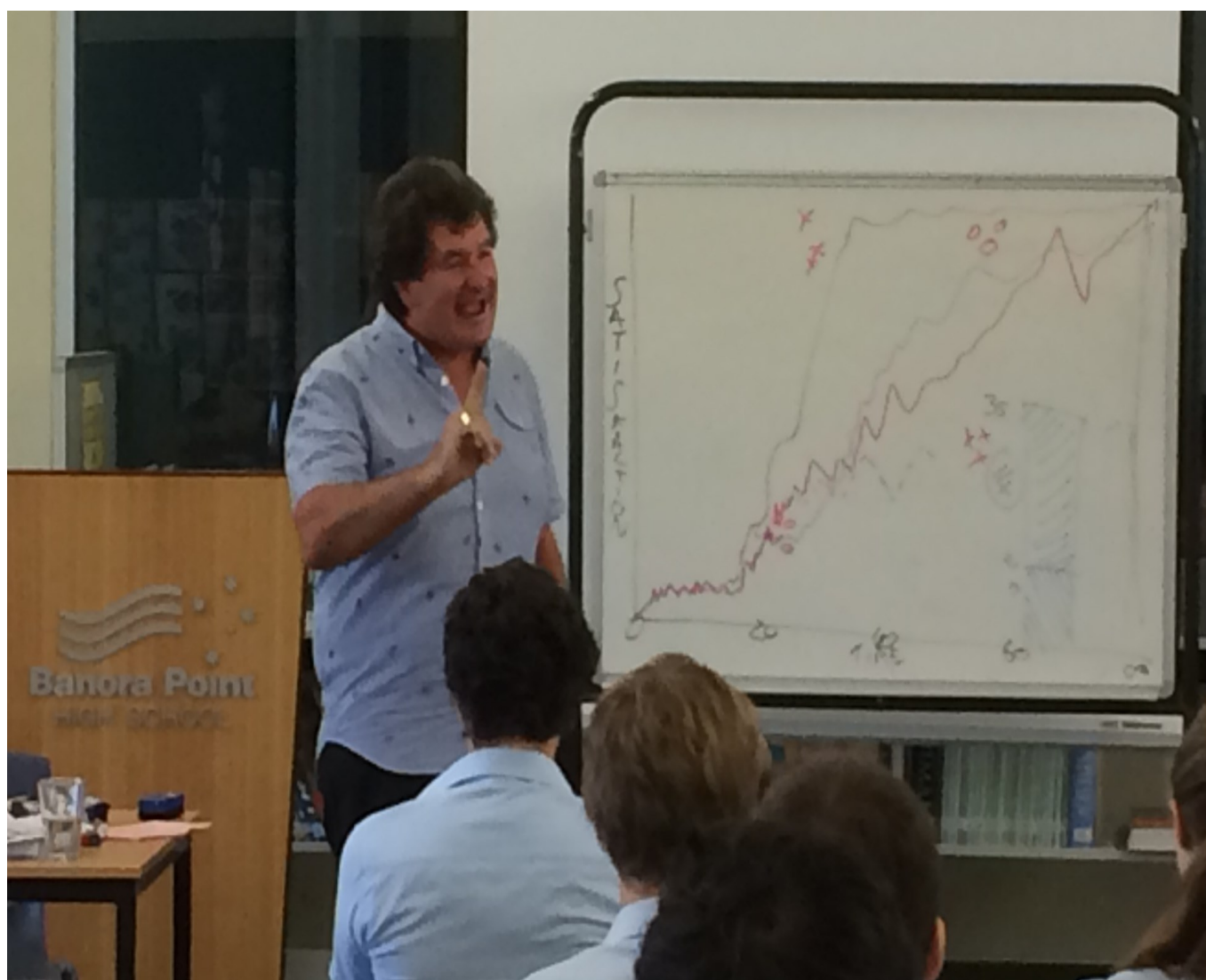





PERSONAL LEADERSHIP DEVELOPMENT SECRETS FOR TEENAGERS

On Monday 16th February, Graham Hyman, in his Robbie Williams manner of delivery, presented his workshop on Personal Leadership Development Secrets for Teenagers to our year 12 students. His highly engaging programs, challenge and inspire students about personal responsibility, resilience, relationships, study priorities and leadership. Graham's workshop called "Making the Most of Me" addressed taking charge of your life, stress management, why parents act the way they do, what advice from teachers and parents are students ignoring, taking control of what they can influence (themselves), effective time management and making the most of opportunities.

We would appreciate our student's feedback about the success and benefit of this workshop, so we can make an informed decision about continuing with this workshop. I encourage students to complete the online survey at <http://www.tinyurl.com/YSA-Students>



TALENTED ATHLETE SQUAD 2015

This year sees a very talented and diverse range of athletes enter the Banora Point High School Talented Athletes Program. Already we have seen a large number of students excel across a wide range of sports in 2015. Zoe, Bindi and Ceira have been selected in the North Coast swimming carnival, Jonah has made the Far North Coast Under 15 touch team and Emily Alman named as a shadow for the girls team.

We would like to acknowledge the financial support supplied by Victory Ford and McDonald's to allow us to run this rewarding program for our students.



Melinda Spencer
Netball



Luke Chipizubov
League



Emily Dick
Surf Life Saving



Jeremy Simpson
Triathlon



Zoe Taylor West
Swimming



Alycia McLeod
Hockey



Joel Singh-Guse
Athletics



Jonah Whitlam Rose
Rugby League



Victory Ford
www.victoryford.com.au



Tweed Coast Isuzu UTE
www.tweedcoastisuzuute.com.au



Tweed Coast Chery
www.tweedcoastchery.com.au



Victory Financial Services
www.victoryford.com.au

TALENTED ATHLETE SQUAD CONT.



Jackson Agius
Soccer



Will Cohen
League



Brandon Stockwell
Tennis



Rachel Presser
Synchronised Swimming



Taylah Wills
Cross Country



Charlie Phelps
Soccer



Emily Alman
Hockey/Touch



Ciera Landon
Netball



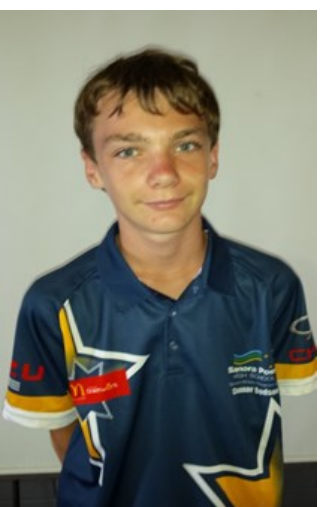
Bindi Ware
Swimming



Madison Alman
Hockey



Keam Clothier
Rugby League



Connor Dodson
Soccer

FAR NORTH COAST UNDER 15 TOUCH

The Far North Coast Under 15 boys and girls touch trials were held in Murwillumbah on Thursday 19th February. The Banora Point teams played a series of round robin games to gain selection.

Both teams performed extremely well in wet and damp conditions. Congratulations to Jonah Whitlam-Rose who was selected in the boys team, an excellent effort for a student in Year 7. Tye Gleeson and Peter Commins were very unlucky to miss out on selection.

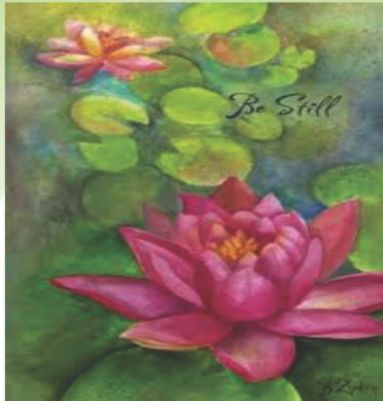
Emma Cameron and Emily Alman were named as shadow players for the girls and Sarah McDonagh made the probable and possible election. Congratulations on excellent sportsmanship, behaviour and application.



UPCOMING EVENT

Mindfulness Course for Parents

If you are a parent of a child or an adolescent with a psychological, behavioral or developmental difficulty, this course is for you!



‘**Mindfulness**’ refers to the practice of being attentive to the present moment in a focused, non-judgmental and open-minded manner. Mindfulness has been used therapeutically as a coping tool to better manage symptoms associated with all types of emotional distress including anxiety depression and stress.

This 5-week course will use practical mindfulness based exercises to help you develop new coping skills for dealing with the stresses associated with being a parent.

Starting Date 2015

5 consecutive Monday mornings

10.00am – 12.00pm (NSW time)

2nd March – 30th March

Cost \$25 (negotiable)

“When you love someone, the best thing you can offer is your presence. How can you love if you are not there?”

— THICH NHAT HANH

Contact Details

For further information, or to secure a place in the course, please contact

Ayla Garlick on 0448559968

Northern Rivers Social Development Council,
Reconnect Program



CAREERS By Jess Dreyer

WOW!!! It's been a busy first 5 weeks already in the careers department with some wonderful new enrolments and our calendar is filling up with exciting events up and coming. At Banora Point High School we are achieving more and more with every growing year, and I am excited to begin 2015 with enthusiasm, passion and commitment to success. I look forward to updating you all on the amazing things happening in and around the careers department throughout the year, and I hope you enjoy these newsletter editions as much as I do creating them. We offer so many opportunities and pathways for your children to gain access to tertiary institutions, TAFE facilities and employment organisations. 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.

Also, I would love to hear about your child and if they are achieving in any aspects or areas outside of school. Whether they are accomplishing great feats on the sporting field, or in navy cadets or on the musical stage, please let me know, as I would love to recognise their efforts.

Have a great fortnight.

ARE YOU INTERESTED IN THE HEALTH INDUSTRY HAVE YOU THOUGHT ABOUT A CAREER THAT COULD SATISFY YOUR DESIRE TO CARE FOR OTHERS?



There are many rewarding jobs that you can do in the health industry

Nursing	Midwifery
Podiatry	Speech Pathology
Radiology	Doctor
Pathology & Research	Social Worker
Information Technology & Data	Administration



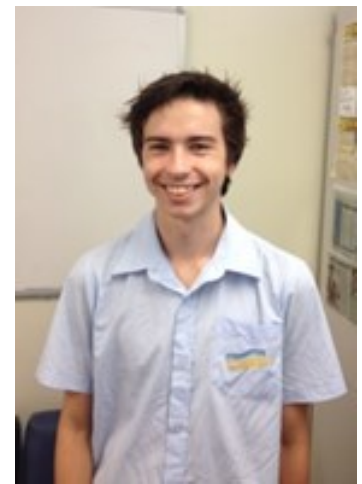
CAREERS cont.

CONGRATULATIONS

A huge congratulations goes to 3 Year 12 students who have begun their Tertiary Studies early with Griffith University. These students are attending the Gold Coast Campus as University students at no cost at all. Blake Godfrey has been accepted into the GUEST program. He will be completing a 1st Year University Course in Information and Digital Technology and hence guaranteeing him a spot in his degree straight after his HSC if he passes the course. How Fantastic!!

Patrica Commins and Chloe Kendon have both been accepted into the Griffith Business School Program. They will attend the 3 all-day workshops (1 each school term) and complete the assigned assessments, and hence also guaranteeing them a spot in a Business degree in 2016. Awesome!!

There are other opportunities for both Year 11 and Year 12 students to secure their Tertiary futures, such as Bond University Student for Semester, Year 11 and 12 Griffith University Biology and Exercise Science, and Southern Cross University's' Head-Start Program. (See Links Below)



GRIFFITH UNIVERSITY

<http://www.griffith.edu.au/business-government/griffith-business-school/high-school-community-programs/griffithbusiness/griffithbusiness-year-12-program>

http://www.griffith.edu.au/__data/assets/pdf_file/0003/408909/Griffith-Biology-pathway-flyer2012.pdf

http://www.griffith.edu.au/__data/assets/pdf_file/0008/476036/2013_Griffith-Exercise-pathway-flyer_DA.pdf

<http://www.griffith.edu.au/pathways/guests-program>



SOUTHERN CROSS UNIVERSITY

<http://scu.edu.au/library/index.php/36>

<http://scu.edu.au/headstart/>



BOND UNIVERSITY

<http://www.bond.edu.au/student-for-a-semester>



CAREERS cont.

UNIVERSITY SHOWCASE 2015



On the 19th February, all year 11 and 12 students from Banora Point High School, and 60 students from St Josephs College were privileged to have access to 7 of our local universities. They came to present some very valuable information on university life, accommodation, and costs. All students had the opportunity to ask staff from each university about specific programs and courses, and scholarships. A very big thank you to Lucinda Crews from Southern Cross University who co-ordinates this event annually.



CAREERS cont.

CONGRATULATIONS

Anna Fairleigh is currently in Year 10, and has been representing Banora Point High School in rowing for over 2 years now. Her most recent results have been outstanding and certainly must be shared amongst our school community.

Anna has competed at the QLD States Championships in Bundaberg on the 23rd-25th January 2015, and was a semi-finalist in the single skull and U17's double skull, and a finalist in the U17's quad skull. Anna has just returned from competing at the NSW States Championships on the 13-15th February 2015, where she rowed at the Olympic Regatta Arena (Amazing) and achieved a personal best result in the heats of the U17's single, double and quad skull events.

Anna is now rowing towards the National Championships to be held again at the Olympic Regatta Arena in Sydney on the 23rd - 28th March 2015.



Well done Anna!! We are so very proud of you!

SCHOOL NEWS

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) 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.

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.





CANTEEN MENU

2015 MENU

Banora Point High School

Daily Specials - pls order

Monday

Check Specials Board (specials will change weekly)

Tuesday

Check Specials Board (specials will change weekly)

Wednesday

Check Specials Board (specials will 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

Drinks

Bottled Water – 600ml	1.20
750 sip cap	1.80
Milk – Plain small	1.20
Poppers – apple, orange, tropical	1.80
Focus Water	1.80
Crazy Lemon Lemonade – small	1.80
Large	3.00
Slushie – small.....	1.50
Large.....	2.50
Glee	2.00
Up N Go – choc, strawb, banana, vanilla	2.00
Flavoured Milk – 300ml	2.00
500ml	3.00
Iced Coffee	3.50
Hot Chocolate	2.50
Juice – 500ml 35%	2.80
500ml 100%	3.00
Iced Tea	2.70

Ice Treats

Frozen Juice Cup70
Mony Frozen Cups70
Calippo	1.00
Icy Twist	1.20
Paddle Pops	1.50
Paddle Pop Shaky Shakes	2.00
Frozen Yoghurt	2.00
Sorbets	2.50

PLEASE NOTE: Limited items will be available over the counter. To guarantee your choice is available, please pre-order . This can be done at the canteen at any time. Orders can be places 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

Fresh 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, 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	3.00
Plain Pie – small	2.50
Large	3.50
Spinach & Ricotta Roll.....	3.50
Lamb & Rosemary Triangle	3.80
Flavoured Pies	3.80
Sauce – Tomato or BBQ20

Toasted Turkish Bread

Ham and 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	3.80
Lasagne	3.80

Fresh Sushi

Fresh Sushi	2.70
Chicken & Avo, Chicken Teriyaki, Honey Soy Chick, Tuna & Avo, Tuna, Prawn Tempura, Prawn Sweet Chilli, Salmon & Avo, Salmon & Cream Cheese, California (crab, avo & egg), Vegetable Tempura, Salad, Avo, Inari	

Salad Boxes

Fruit Salad.....	3.50
Salad	3.50

Extras in Salad Boxes

Egg50
Avocado.....	.50
Chicken, Ham, Tuna.....	1.00

Snacks

Sumo Biscuits50
Eucalyptus drops60
Fruit – banana, orange, apple, seasonal fruit	1.00
Assorted Chips	1.20
Cheese & Bacon Rolls	2.00
Yoghurt	2.00
Finger Buns	2.00
Vegemite & Cheese Scroll	2.00
Muffins	2.50

NEED HELP MANAGING STRESS OR ANXIETY?

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.



Rhythmic Gymnastics



Rhythmic Gymnastics combines elements of ballet, dance & gymnastics performed to music with the use of hand apparatus such as rope, hoop, ball, clubs & ribbon.

COME ALONG & TRY THIS BEAUTIFUL & ELEGANT SPORT

Corner of Florence & Adelaide Streets Tweed Heads

MONDAYS • 4.00 - 4.45 - Juniors - Level 1
 • 4.30 - 6.30 - Seniors - Level 1 - 4

- Develops posture & confident body movement
- Focuses on body awareness, hand-eye co-ordination, team spirit, confidence building & problem solving
- Provides a unique opportunity for children to express themselves to music



(07) 5599 1714

COMMUNITY NEWS



Friends of the Pound and their sponsors will be offering Low Cost Dog and Cat de-sexing in the Tweed Shire thru the month of March. Conditions will apply, POA. Bookings and payment will be at our Rehoming Booth, Petbarn, Harvey Norman Centre 29-41 Greenway Drive, Tweed Heads South NSW.

UPCOMING EVENTS



The first P&C Meeting for 2015 will be held tonight otherwise due to Easter the next meeting will be

Monday 2 March

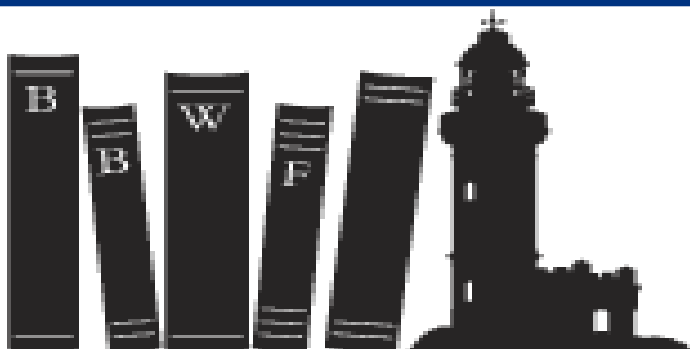
at 7.00PM DST

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 & COMMUNITY NEWS

SCHOOL & COMMUNITY NEWS



BYRON
BAY
WRITERS
FESTIVAL
7-9 AUGUST 2015

Primary and Secondary Schools Program 2015

New Sessions - New Times - New Venues

Primary Schools Sessions with: **Andy Griffiths & Terry Denton**

Feature events for YEARS 4-6

Lismore Venue TBA - Tuesday 4 August, 9.30am-11.30am

Ballina RSL - Tuesday 4 August, 12.45pm-2.45pm

Byron Bay, Sports Complex - Wednesday 5 August, 10.30-1.30pm

Primary Schools Session with: **Jackie French & Jacqueline Harvey**

Feature events for YEARS 4-6

Murwillumbah Civic Hall - Tuesday 4 August, 10am-12.00pm

Maclean Venue TBA - Wednesday 5 August, 10.30am-12.30pm

Exclusive Secondary Schools Day, Thursday 6 August

This year we welcome **ALL** senior students from **Years 7-12**

We urge you to mark these dates on your school calendar immediately

Booking forms and details of these events and venues will be emailed to all schools in March and will also be downloadable at that time via www.byronbaywritersfestival.com

For further information please call Byron Bay Writers Schools Coordinator Penny Leonard on 02 6685 5115 or email penny@nrwc.org.au

SCHOOL AND COMMUNITY NEWS



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*



LIMITED OFFER

School Book Packs!
\$32.00



There are a **limited** number of school book packs available at the front office.

They include multiple exercise books, a grid book, a display folder, a maths set plus a variety of stationery .

Please note, this offer is first in best dressed.

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



THOUGHT OF THE WEEK

*“Live as if you were
to die tomorrow.
Learn as if you were
to live forever.”*

Mahatma Gandhi

COMMUNITY NEWS

2014-2015
NSW Family Energy Rebate



\$150*
TOWARDS
ENERGY
BILLS

**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply



**Trade & Investment
Resources & Energy**



**Apply before
Midnight
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE
 PHONE - Service NSW 13 77 88
 EMAIL - fer.program@trade.nsw.gov.au
 WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

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: _____