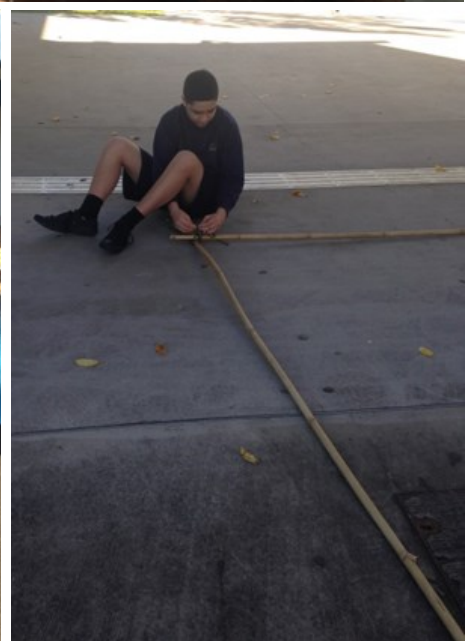


SURVIVING THE SUPPORT UNIT

Literacy in the Support Unit looked a little bit different on Tuesday thanks to Mr Lengyel and Ashley Brown from Year 8. The students have been studying a picture book entitled *Woolvs in the Sitee* and a unit on Survival so Mr Lengyel kindly offered to share some of his survival skills with the students. The students were firstly taught how to tie basic knots then a hitch. These skills then allowed the students to construct a basic structure that could be used for a shelter. All the students thoroughly enjoyed the experience and would like to thank Mr Lengyel for taking time out to come and visit us.





From the Principal

Mr Greg Smith

I would like to make you aware that the major round of scholarships offered by the Public Education Foundation for 2016 is now open, including a new round of Harding Miller Foundation Scholarships. They expect to distribute more than 400 scholarships next year so I am making you aware of the opportunities available to some of our students and encourage you to apply. Scholarships that are currently open for students to apply can be found at our website, <http://www.publiceducationfoundation.org.au/scholarships/>. Students should see their Year Advisor or Deputy Principal in charge of their year for further details.

All applications can be submitted by email at info@publiceducationfoundation.org.au or posted to:

Public Education Foundation
PO Box 1393
Darlinghurst NSW 1300

We celebrated Education Week with several functions, including our Images of Greatness evening, Year 12 Drama and Dance performances and our Education Week Assembly. I would like to thank Mr Bristow and Mr Klose for their organisation of the assembly, Mrs Clurey and Mr Duff for Images of Greatness and Miss Green for the Dance and Drama. Many students and staff were recognised during the week for their efforts and achievements.

We had very good attendance at both our parent teacher night in week 2 and our Year 12 support evening. It is good to see that parents are embracing the new interview booking system and wanting to speak to their children's teachers about their pro-

gress. The Year 12 support evening focused on keeping things in perspective and gave the students a range of strategies to assist them at this busy stage of the year.

There have been recent enhancements to the My Skills website that students and parents may be interested in. It is a national directory of vocational education and training organisations and courses to help people make informed decisions about their education and training needs. Some of the enhancements are:

- Links to courses related to skills in demand in each state and territory; overall student satisfaction and employment outcomes for the 230 most popular courses;
- A VET FEE HELP course calculator to help people understand their financial obligation and potential future debt;
- Identification of sanctioned training providers

The My Skills website can be accessed at www.myskills.gov.au

The Tell Them from Me Survey is one of our key methods of evaluating progress related to our school plan. The next phase of the survey is to survey parents and staff, along with a second survey to students. This will occur later this month. Further details will be provided to parents, students and staff as soon as they become available.

Our next P&C meeting is being held tonight at 7.00pm in our conference room. Please come along and help to support our students.



We give life-changing scholarships



NIPPERS SIGN ON AND PROFICIENCY SWIMS 2015/16

Interested in Surf Life Saving, Nippers or becoming involved in your local club?

Dates: 2nd August & 23rd August 2015

Location: South Tweed Indoor Pool

Time: 10am - 1pm

What to bring: Swimmers, Towel and goggles.

Cost: Adults \$3.00 pool entry – children signing on free of charge

How to register: This year we have made it easy if you are a returning Nipper just create yourself an account on the member portal and register online. You will then only need to do the swim at sign on.

New to Nippers: Come on down to sign on with your child's birth certificate

New swimwear designs are available this season.

We will have sizes to try on at sign on.

Payment and ordering will also be done at sign on.



TweedCity
Shopping Centre

Scholar Dollars!

Win cash for your school – and yourself!*

Why not get your Woolworths Earn & Learn Stickers and Scholar Dollars at the same time by doing your grocery shop at Tweed City Woolworths?!



Every \$1 spent at Tweed City = 1 Scholar Dollars point!



Allocate points for your school at the Customer Service Desk.

1st Prize \$10,000 of Technology

2nd Prize \$3,000 of Prizes and Gift Vouchers

3rd Prize \$2,000 of Prizes and Gift Vouchers

Plus, register as a Scholar Dollars Member for your chance to win weekly prizes!*

Competition closes 9pm, Thursday 3 September 2015.

*For full terms & conditions, see the Customer Service Desk. Authorised under NSW Permit Number LTPS/15/04726.



www.tweedcity.com.au





UNDERSTANDING TEENAGERS



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



WHAT OTHERS ARE SAYING ABOUT THE COURSE

"I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

"Helping me understand our granddaughter more and feel that as grandparents we will be able to support our daughter to a greater degree through this difficult time, thank you so much"

"Learning about myself and understanding that to have the ability to connect with my child I must be aware of my own emotions, fears and feelings. Learning how to control my own emotions, to better handle my child's emotion"

The course runs over 6 consecutive Wednesday evenings at Banora Point High School **starting 5th August from 5pm-7pm**.

COST: FREE

The costs will be covered by Banora Point High School. Tea, coffee and snacks will be provided.

CONTACT:

Bookings are essential

Please contact Banora Point High School on 07 5513 1960

For more information on the course go to www.thefamilycentre.org.au

happy children caring relationships strong community

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.

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

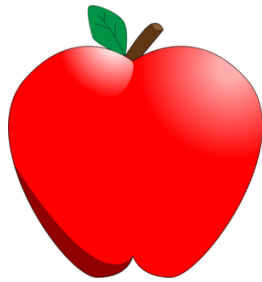
These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student 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
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Taco style mince with corn, avo & sour cream

Sweet chilli tender wrap -	\$4.00
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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
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Hawaiian, meatlovers, vegetarian, cheese

Friday

Nachos	\$3.50
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With sour cream and sweet chilli sauce



Banora Point HIGH SCHOOL Canteen Menu 2015

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 chieees	\$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
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*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

miStAkEs
are proof
that you are
TRYING

Pinterest

UPCOMING EVENTS



The next P&C Meeting
will be held on

Monday 3 August

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

Sustainable Housing for Life
Design Competition: Now open
BYRON – LISMORE – TWEED

Enter here: www.sevenonsibley.com/shd2015
Entries close Friday 4 September

Exhibited across the region in Lismore, Byron and Tweed in September



2014 Professional Category Winner Project Habitation

Categories

Professional

1st Prize: \$1000 cash prize plus one year display at the Green Building Centre
2nd prize: One-year membership with Master Builders Association

Community

Lismore: \$500 cash
Byron: \$500 cash
Tweed: \$500 cash

People's Choice Award

\$100 cash prize

Young people 18 years and under

Summerland Credit Union Prizes:
First \$200 cash
Second and Third \$50 cash each

For more information contact sustainablehouse@selfseed.com.au - Interested in opening your sustainable home for a tour? Go to:

www.sevenonsibley.com/shd2015



WANTED!



Does anyone have a cast iron camp oven to donate?
If so Mr Lengyel would greatly appreciate one for the
next Boys Group Camp.

If you wish to donate a camp oven or know of some-
one who is willing please contact the school on
07 5513 1960 or email
banorapnt-h.school@det.nsw.edu.au and attention it
to Mr Lengyel.


Thank you.

SCHOOL AND COMMUNITY NEWS

NSW Health Northern NSW Local Health District

ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS

IT'S FREE!



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 & Sportwear

**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.

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:



Start collecting for your school now

The Woolworths Earn & Learn program gives Schools and Early Learning Centres around Australia the chance to earn new educational resources.

Make a difference for your local school

- Simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every \$10 spent.*
- Stick the Woolworths Stickers onto the Woolworths Earn & Learn Sticker Sheet inside.
- Once it's complete, pop it into a Collection Box at your school or local store. You can download more Woolworths Earn & Learn Sticker Sheets from our website woolworths.com.au/earnandlearn

*excluding tobacco, liquor and gift cards.

Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It's easy to earn valuable resources to help your local school, so start collecting your Woolworths Earn & Learn Stickers today.

Go to woolworths.com.au/earnandlearn for more information, terms and conditions and answers to frequently asked questions.



**COLLECTION BOX
LOCATED IN THE
FRONT OFFICE AT
BANORA POINT
HIGH SCHOOL!**

