

CROSS COUNTRY 2016

Congratulations to all our students on your efforts in our schools cross country on Wednesday 4th May. The top 4 place getters competed at the zone carnival in Byron Bay on Friday 20th May.



OUR GIRLS RESULTS

12's	13's	14's	15's	16's	17's	18's	AWD
Emma Kate Brindley	Rachel Carolen	Elizabeth Sykes	Emily Alman	Kaitlyn Gavenlock	Rhiannon Way	Celestine Nicholson	Holly Fittler
Lily Russel Smith	Zoe Taylor West	Carla Sykes	Maddison Alman	Keely Baldwin	Amelia McCann	Penny Miller	Lauren Grimwood
Angela Gray	Kyla Rumbelow	Alycia McCloud	Emma Cameron	Coreen North	Tiane Godden	Jessica Symonds	
Amity Taws	Leila Ross	Brianna Gallagher	Marleigh Dreyer	Holly Mays	Ivy Prior	Georgia Eastwell	

OUR BOYS RESULTS

12's	13's	14's	15's	16's	17's	18's	AWD
Kai Smallwood	Kobi Lee Leong	Jack Lee	James Drew	Jack Ainsworth	Nathan Glen	Samuel young	Brandon Day
Jarrold Baxter	Nicholas Watson	Jack Boss	Ashley Brown	Riley Archer	Sean Godwin	Haden Brown	Giovanni Stewart
Conrad Roberts	Fletcher Muldoon	Elijah Williams	Tyson Keys	Isaac Zheng	Jackson Agius		
Jai Cumins	Charlie Phelps	Will Cohen	Charles Bratt	Joshua Dillon	Taroi Peihope		

CROSS COUNTRY ZONE RESULTS

Successful students to finish in the top 6 for FNC. They will compete at the North Coast Carnival in Murwillumbah on Friday 17th June.

AWD Boys Brandon Day
 17yr Boys Sam Young
 14yr Girls Elizabeth Sykes & Carla Sykes
 15yr Girls Maddison Alman, Emily Alman & Emma Cameron
 16yr Girls Katelyn Gavenlock
 AWD Girls Holly Fittler & Lauren Grimwood

AGE CHAMPION

Maddison Alman 15 yr girls

Congratulations Maddison on your 1st place!!

SCHOOL POINTSCORE OVERALL SCHOOL POINTSCORE

PLACE	SCHOOL	POINTS
1	Byron Bay	260
2	Kingscliff	312
3	Southern Cross	380
4	Wollumbin	501
5	Banora Point	508
6	Murwillumbah	556
7	Tweed River	568
8	Ballina	570
9	Mullumbimby	622



THANK YOU TO THOSE WHO ATTENDED OUR AUTUMN WORKING BEE

We have conducted our autumn working bee last weekend. There was a good crowd of staff, students and parents who completed the painting of our LOTE classroom, three library study areas, external painting facing the quadrangle, gardening, perimeter pruning and pressure cleaning. It was a great effort for the team and on behalf of the school I would like to thank everyone for their involvement.

OUR WORKING BEE FOCUS

Two key results of our ongoing focus on improving/maintaining the physical conditions of our school is a sense of community ownership that comes from members of the community coming together with a common purpose to improve our learning facilities and I believe it also contributes to the common philosophy of caring for our school. Whether students are involved directly in the working bees or not, they get the message that our community does care about their learning environment. I believe that this has led to a more respectful treatment of the school and the resulting reduction in graffiti and vandalism. This in turn allows the teachers and school executive to focus more on our primary function of providing quality teaching and learning experiences for all students.

**SCHOOL HALF YEARLY ASSESSMENTS**

At the moment students in years 7, 8, 9, 10 and 11 are either in the middle of their half yearly assessments or are about to start them. I encourage all students to prepare appropriately for these tasks. For growth to occur students need to demonstrate skills that they have developed over time and respond to productive feedback from their teachers. It is important that the feedback relates to tasks that have been driven by effort, hard work and an active rather than passive attitude to their studies. I wish all of our students great success in their endeavours to achieve their personal best.

CONGRATULATIONS, NORTH COAST DANCE FESTIVAL

Last week we had the pleasure of being in the audience at the North Coast Dance festival at the Arts Centre Gold Coast. Once again Banora Point High seemed to be the talk of the event, with many very positive comments being made about the performances of our students. Well done and thank you to our dance students, Miss Green, Miss Dooley, Mr Lengyel and any other staff and parents who assisted in supporting our dance program.

Greg Smith
Principal



CONGRATULATIONS KOEN SLEBA - YEAR 12!



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

Koen has received a vacation scholarship from the University of Notre Dame, School of Medicine. The university received nominations from schools across the state to participate in a program developed to provide students with the opportunity to experience a day in the life of a medical student. During the day, students will attend lectures and tutorials run by medical staff and students on topics that are integral to the medical degree. Koen will have the chance to participate in a variety of activities such as suturing, plastering, resuscitation skills and medical examinations at the University of Notre Dame School of Medicine in Darlinghurst.

CHESS UPDATE

On Wednesday 18th May four chess players: Tre Edwards, Declan Seckold, Lachlan Maclean and Aiden Walker travelled to Kings (Varsity Lake) to compete in the Gardiner Chess term 2 Interschool Championships. There were 18 teams competing from several schools from around the southern Gold Coast. We placed 10th out of the 18 teams with all four students gaining some success on the day. Congratulations to the students!

Louise Nizette



CENTAUR DAY

Celebrating Centaur Day is a historical tradition for our school. On board the WWII hospital ship the AHS Centaur were 75 Merchant Navy crew, the ship's army medical staff comprising of 8 Officers, 12 nurses, 45 crewman and 192 members of the 2/12th Field Ambulance. Altogether 332 people were on board that fateful day on 14 May 1943, 72 years ago when AHS Centaur was lost at sea. 268 people lost their lives including 11 of the 12 nurses.

Banora Point High School was represented and laid a wreath in memory of the fallen at the Point Danger Memorial site.



The new 2016 | 2017 Entertainment™ Membership is now available



BUY FROM US TODAY.

Now is the time to purchase your NEW 2016 | 2017 Entertainment™ Book or Digital Membership. Enjoy over \$20,000 worth of valuable up to 50% OFF and 2-for-1 offers for some of the best local restaurants, cafés, attractions, hotel accommodation, travel and more, valid immediately!

The more Entertainment™ Memberships we sell, the more funds we raise to **support our fundraising**.

[SEE WHAT IS IN THE NEW EDITION](#)

Please contact us for more information about our fundraising, or how to get your Entertainment™ Membership.

Thank you for your kind support.



GETTING TO SCHOOL SAFELY

It is that time of the year when our children are back at school and in some cases walking or riding a bike is the best option to get to there. While this can be fun for your child, you still have to feel assured they are safe while doing it.

TIPS

CHOOSE THE SAFEST ROUTE POSSIBLE.

It is good practise riding or walking to school with your child. While on the practice run look out for the hazard spots and then decide which would be the safest route for your child to take.

ARRANGE FOR YOUR CHILD TO WALK WITH A BUDDY OR AN ORGANISED WALKING GROUP.

It can be fun to walk with a friend or with a group, it helps everybody to feel safe.

NEVER GET INTO A STRANGERS CAR.

Make sure you advise your child to never talk to strangers and never get into a stranger's car.



GIFTED AND TALENTED STUDENTS

2016 is going to be an exciting year for our regions Gifted and Talented Students! Throughout Terms 2, 3 and 4 select students will have the opportunity to participate in our GREAT5 Program. The purpose of this program is to provide students with extracurricular learning opportunities that seek to engage challenge and inspire.

TWEED 5 SCHOOLS TO HOST ENRICHMENT DAYS

Separately, our Tweed 5 High Schools (Kingscliff, Tweed River, Wollumbin, Murwillumbah and Banora Point) will host an enrichment day that will be based on one or more of our Key Learning Areas.

Below is a brief outline of the GREAT5 Program.

Date	Host High School/Venue	Enrichment Day Focus
Wk 2 Term 2 Thur 5 th May	Wollumbin High School	Physical Education & Maths
Wk 9 Term 2 Fri 24 th June	Tweed River High School	Science
Wk 3 Term 3 Tues 2 nd Aug	Murwillumbah High School	English & Visual Arts
Wk 7 Term 3 Wed 7 th Sep	Banora Point High School	Physical Development & Nutrition
Wk 3 Term 4 Tue 25 th Oct	Kingscliff High School	Engineering (STEM)

**Parents - are life pressures getting too much?**

If that's the case, there's a free, self referral and local mental health service without a waiting list that could help you take action on life events that may be causing you stress.

You are not alone. Did you know that around three million Australians suffer from anxiety and depression and fewer than half of these people seek support?

We at Primary Health Network want to support our local community by helping people to set practical goals to get them back on track.

NewAccess is an initiative from beyondblue, funded by The Movember Foundation and beyondblue which provides free confidential support using proven self-help techniques for people experiencing low to moderate anxiety and/or depression.

Professionally trained Access Coaches work with clients to develop a tailor made 4 week program which best supports their needs.

NewAccess could be right for you if any of the following life events are causing you to feel sad, moody, angry or unable to concentrate or sleep:

- Work stress or uncertainty
- Change in living arrangements
- Family problems
- Health concerns or uncertainty
- Long term isolation or loneliness
- Financial worries or instability

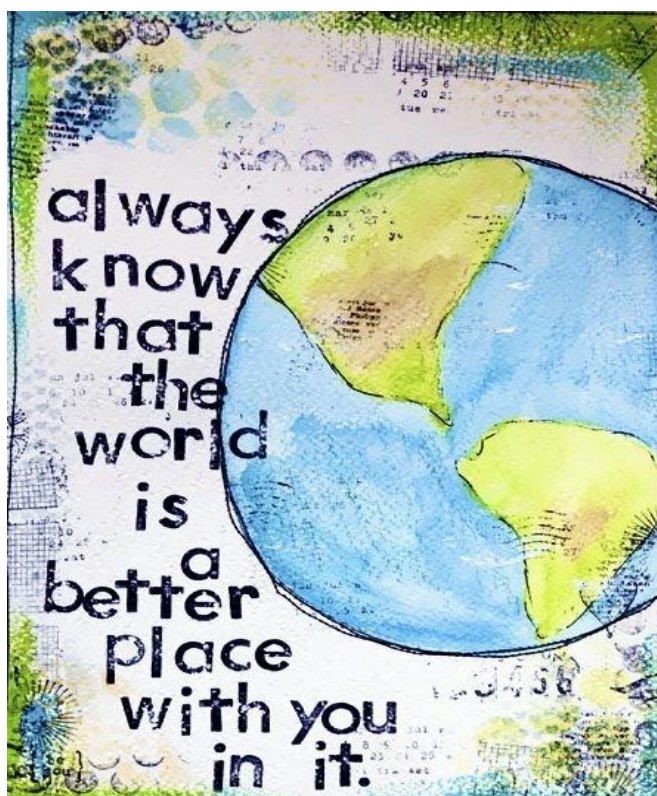
If you are over 18 call 1300 137 934 to make an appointment with an Access Coach who is based here in Tweed Heads.

Take action. Start solving.

To find out more about NewAccess, visit:

beyondblue.org.au/NewAccess

THOUGHT OF THE WEEK



UPCOMING EVENTS



The next P&C Meeting
will be held on

Monday 6 June

at 7.00PM DST

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

We would love to see you!

SCHOOL & COMMUNITY NEWS



Engaging Minds, Empowering
Success

CALL FOR TENDERS SCHOOL CANTEEN LICENCE

Tenders are called for the licence of the School canteen for the school year commencing 18th July 2016 and for a term of 2 years with a 3 year option. Annual school enrolments will be approximately 630. General enquiries and requests for a Tender Information Package should be referred to:

Telephone: 07 5524 1444

Tenders must be submitted in a sealed envelope marked "Confidential - School Canteen Tender" and sent to:

The Principal
Dean Files
PO Box 40
97 Pioneer Parade
Banora Point, NSW 2486

Tenders close at 3pm on 14th June 2016
A tender visit and briefing session is planned to be held in the near future.

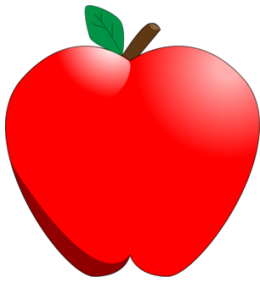
**THE POCKET SCHOOL
WINTER
festival**

SATURDAY 25TH JUNE 9AM TO 1PM
The Pocket Public School
- 5 minutes from Billinudgel -

**FOOD STALLS
MARKET STALLS
KIDS CRAFT ACTIVITIES
LEGO COMPETITION
JUMPING CASTLE
FACE PAINTING
PHOTO BOOTH**

**FIRE BRIGADE
YOGA & ZUMBA
LIVE MUSIC
SIDE SHOW ALLEY
SUSTAINABLE WORKSHOPS
RECYCLED ART SCULPTURE WALK**

www.facebook.com/the-pocket-school-pde ph: 02 6684 5226




Banora Point HIGH SCHOOL

Canteen Menu 2016



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/Avocado	\$1.00
Cheese/Egg	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

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
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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	\$1.00
Chicken, ham, tuna	\$1.50

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	\$2.50
Yoghurt	\$2.50
Finger buns	\$2.00
Muffins	\$2.50

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



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:



BACK TO BASICS

Schoolwear & Sportswear

UNIFORM STORE OPENING HOURS

2015-2016

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*

