

## ARE YOU OK, DAY

The Student Representative Council worked together this Thursday 8<sup>th</sup> September to make our school a more supportive and positive place to be. Staff and students learned about the importance of a meaningful conversation and how being an effective listener can brighten someone's day or even change their life. We were all encouraged to ask 'R U OK?' to the people in our lives who might be struggling or feeling low, and where to seek further assistance if needed. Everyone deals with tough times, and we should all be able to offer a kind word of support and make it easier for our friends and family to share their concerns.

### OUR 'KIND WORDS MESSENGER SERVICE'

The student leaders ran a 'Kind Words Messenger Service' at recess and lunch in the Quad, where anyone could send an anonymous positive message to someone else in the school. It was embraced by all, with students lining up to send more than one message of kindness, which was wonderful to see. There were also student leaders offering 'Free Hugs' and putting a smile on many faces throughout the day!

### IF YOU EVER NEED HELP

For more information, look up [R U OK?](#) online, or visit the website for [Headspace](#) where you can chat anonymously with someone who can point you in the right direction. There's resources available through [Beyond Blue](#) and [ReachOut](#) as well, and of course, our school Counsellors Judie and Sandra are here to help you at school.

So how can we help the people in our lives?

A great start is asking... *Are you OK?*



**RU OK?**<sup>TM</sup>

A conversation could change a life.

# FROM THE PRINCIPAL

## PROFESSIONAL LEARNING FOR TEACHERS

Our NAPLAN Analysis Team presented their summary of NAPLAN trends, strengths and areas for improvement, to all staff at our extended staff meeting, Monday 5<sup>th</sup> September. NAPLAN assessment data provides the school with valuable feedback regarding our programs to support students to improve their Literacy and Numeracy skills. The Advancing Literacy And Numeracy (ALAN) team then lead staff through a data analysis activity where teachers collaboratively analyse NAPLAN data for class groups, identifying strategies which target the needs of student groupings.



Our Proactive Intervention Team (PIT) led staff through scenarios to ensure individual students needs where being supported in our classrooms. The school is transitioning to a new student management tool (Sentral), improving systems and processes to support attendance and wellbeing monitoring. Staff were led through the next module of Sentral by the Technology Coordinator and have been using Sentral for monitoring attendance throughout term 3. Support for this transition to Sentral across other areas of student management, will continue into 2017.

## TELL THEM FROM ME SURVEY

Thank you for your response to the Tell The From Me survey permission request. Our students are accessing the survey during the school day, at different times throughout the remaining weeks of term 3. Parents are reminded they too have the opportunity to complete the TTFM Survey. You can have your say by login onto <https://nsw.tellthemfromme.com/bphsttfm> to access the survey.

We look forward to receiving your feedback as it provides the school with a more complete picture of our progress and assists us to identify how we can improve outcomes for our students.

## COMMANDERS ACTIVE CITIZEN PROJECT

Two BPHS students, Kyeisha Tincknell and Marlon Appo, were nominated by the school to participate in the Commanders Active Citizen Project. This project aims to give participants an insight into ways our youth can have a positive impact on our community. Activities will include visits to National Parks and Wildlife, PACC meetings, State Emergency Services and Red Cross. The Tweed/Byron group will meet the Illawarra group at Jinndabyne for a Mount Kosciusko Summit trek.

*Chris Randle, Relieving Principal*





# **TAS INTER-SCHOOL COMPETITION RECIPE DESIGN AND BAKING CHALLENGE**

## TEAM SELECTION

The community of five local public high schools Tweed 5 (T5), developed an inaugural challenge for teams of two stage 4 (year 7 students) in 2016. There was much interest in being the Banora Point High school representatives. We ran an internal challenge with 12 teams vying for the coveted 2 spots. After much deliberation and the two successful students were Emma-Kate Brindley (yr 7) and Rachel Carolan (yr 8).

## WHAT THEY HAD TO DO

On Friday 19<sup>th</sup> August we travelled to the hosting school Murwillumbah High School for the competition. Students were given a list of ingredients and the method for making a basic scone mix and told they needed to present original recipes, follow a design process and present both savoury and sweet scones to be externally judged by a local baker.

## OUR RECIPE CHOICE

Our team developed a recipe for their sweet scone which was spiced apple and the savoury was a scroll with cheese and fresh garden herbs. All competitors worked extremely hard during the competition, with Wollumbin High School the overall winners and our team placing third overall on the day.

*Congratulations Emma-Kate and Rachael we are proud of how you represented our school!*



## HSC PERFORMANCE EVENING 2016

On Monday 22 August the students of Year 12 Dance and Drama performed in front of their parents, teachers and friends. Their hard work and commitment was obvious as they performed their individual and group work.

The audience was very entertained and the students walked away feeling very pleased, as well as motivated to improve before their final HSC exam day.

*Good luck Year 12!*



# MUSIC NEWS

## THE BAND BASH- JUNIORS

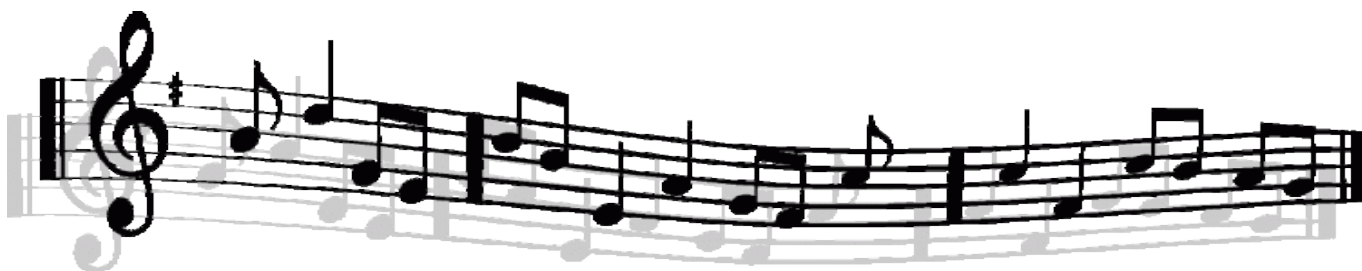
The Band Bash idea continues to grow and bear ever more impressive results. The Junior or Beginners Band did a junior Band Bash at Centaur School on Friday 2 September. This was a big step for them, playing whole song arrangements with strangers for the first time. The junior Band are to be congratulated. They are one of the strongest group of Musicians to start and commit to this Musical journey at our school, and I look forward to seeing them further develop.

## THE BAND BASH-SENIORS

The Senior Band are doing wonderfully. They have been invited to a senior Band Bash at Tweed River High School in Term 4, and a Combined Band Day at Lindisfarne Grammar School with Mt St Patricks of Murwillumbah, also in Term 4. I think this clearly indicates something that I have discussed with the Music Teachers from Lindisfarne, which is that there is no reason why state and private schools can't share the same culture of sharing, cooperating and growing together. Our Musicians are proving that we can.

## THANK YOU TWEED RIVER HIGH SCHOOL AND PARENTS

Our Senior Band has combined with the Tweed River High School Band each Thursday morning to rehearse more diverse repertoire and to extend the network of our Musical family. Students from both schools benefit from this arrangement as there is increased friendships, motivation, fun and energy in the group. A big thank you to the TRHS Music Teachers for making us feel so welcome.



Another big thank you to our caring and dedicated parents who organise a car pool which enables our students to get there at 7.30am each Thursday. This combined Band has participated in our first Eisteddfod this year. We achieved a first and second place in our various categories and were impressed and motivated by the performances of other schools that we observed. We intend to aim for a few more categories next year, and include our String players and some of our exceptional Vocalists.

## END OF TERM CONCERTS

The end of Term concerts continue to hit the high notes. This is a fun way to end each Term and a great way of casually showcasing some of the work that our Music students get up to. Most impressively this year we had two Yr 7 items in our end of Term 1 concert. This has never happened before and is a great indicator of what a great bunch of students our juniors are. Of special note is the 'Girls Band' who give up recess and lunch each Monday to rehearse just for the sake of it. Also last but not least, the mighty Staff Band continue to Rock out hard and show these students just how it's done.

We have purchased new digital PA systems for both the Music Room and our Hall. This is a serious investment, yet one that will enable us to build upon as a solid foundation for expansion. We are also in the process of purchasing a second Cello, due to the tremendous success of our String groups.

## THANK YOU BAND CAPTAINS

I would like to thank the current Captains of the various ensemble groups. Katie Faulkner is the Captain of the junior String group. Lydia Robb is the Captain of the junior Band, and Alyssa Waldon is the Captain of the Senior Band. These students do a wonderful job of recording attendance, organising lists of consumables and repairs and reminding us all of some of the details that can be easily overlooked. They are learning the art of caring for and being responsible for others which is a valuable thing.



## MUSIC NEWS CONT.

### HSC COHORT

This year's HSC cohort are fast approaching their final Performance exams. They are doing 22 songs and have been working very hard on all aspects of this exam. They performed the entire Set List at a concert on Thursday 1 September for parents, guardians and BFF's, where they received feedback and gained valuable experience. Their exam will be in either Wk 8 or 9 of Term 3 and I'm sure we all wish them every success for their efforts. Of special note is the inclusion of non Yr 12 students in this exam. To be asked by the yr 12 students to perform on their exam is a real honour and privilege. So Isaac Elsley and Josh Dillon of Yr 10, and Nathan Walsh of Yr 7....wow, you guys are amazing!

### CAMPFIRE COOKUP

This semester the Music department are hosting the inaugural Campfire Cook up evening for the entire school. With the approval of the local Fire Brigades we had a bonfire on the school premises from 5.30 till 8.30pm on Wednesday 31 August. We conducted numerous picnic style sporting games, and told jokes, riddles, poems and stories around the campfire. We did a 10 item Musical set featuring our Senior String Trio, two of our exceptional Piano players and numerous items from our wonderful elective Musicians. The P&C did a BBQ so a massive thank you to them!! Big thanks to everyone who supported this effort especially Ray O'Mara and Deb Johnson.

*It is a widely known fact that students who study Music do better academically, socially and emotionally in all aspects of their lives. So thank you for getting involved.*

R.Timbs

Music Teacher.





## CAMPFIRE COOKUP PHOTOS CONT.



## RECENT SPORTING SUCCESS

### KOEN SLEBA

Congratulations to Koen Sleba for making the NSW Open Touch Team. Koen captained the NC team down at the State Championships held on the NSW South Coast. Koen captained the side to victory and his selection in the NSW touch team was supported with 3 other students in the team also being selected in the NSW team. We wish him the best of luck at the National Championships in Caloundra this week.

### EMILY ALMAN

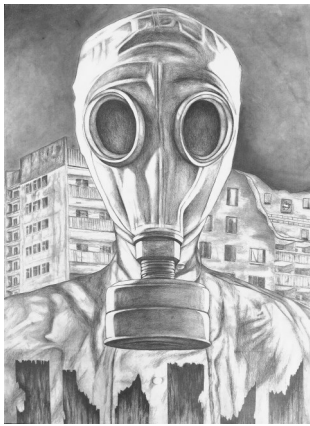
Congratulations to Emily Alman on your recent performance in the NSW State Athletics Championships held in Homebush last week. Emily placed 4<sup>th</sup> in the 100m girls final and 9<sup>th</sup> in the 200m. Other strong performances for our school included Madison Alman in the 800 and 1500, Kai Smallwood in the U12 100m and 200m and Angela Gray in the U12 Hurdles.

Well done to all these students on your recent sporting success.

*Nathan Williams*  
PD/H/PE Teacher



## WELL DONE YEAR 12 ART STUDENTS!



Brea Callaghan



Jack Mason



Katelyn McLean



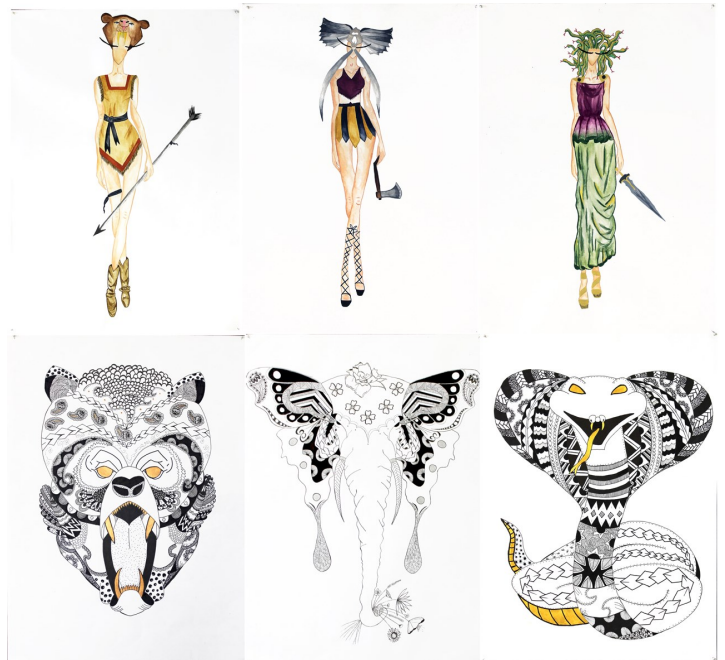
Melanie Harriott



## WELL DONE YEAR 12 ART STUDENTS!



Tahni Walton-Homes



Bernadette Elliott



Sam Sunderland

Dylan Catsicas

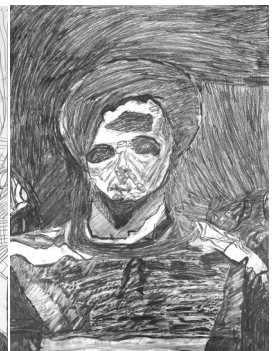




## WELL DONE YEAR 12 ART STUDENTS!



Penny Miller



Joshua Blake



# GLOBAL GARDENS



In 2015 BPHS was successful in obtaining funding under the umbrella of "Global Garden". The specifics of the program was open to interpretation and never one to shy away from a challenge, this year Banora Point High School embarked on implementing a very ambitious program. In 2016 planning began to develop a unique learning experience, which in time would become a self-sustaining project with interested students involved developing lifelong skills.

## WHAT IS GLOBAL GARDEN?

In essence the program was designed to develop a brand and range of food products that use Indigenous foods that would then be offered for sale to the wider community. The food products would be created using original recipes that would be developed by the students. First up was to develop the team. An expression of interest form was produced and students invited to apply to be part of this project. An enthusiastic group of students were then chosen to participate. Research was then commenced. We investigated the many indigenous foods and how they are used in contemporary food products, how would we package and price our products and importantly what our brand name would be.

## PERFECTING OUR RECIPES

In mid May of this year following all our research around Indigenous foods and deciding on our product range we then ordered our packaging and products such as spices, Davidson Plums and Bush Tomatoes. During July we have perfected our recipes, with staff and family taste-testing and providing us with written evaluation on our Davidson Plum Jam and tomato pasta sauce products and final refinement of our recipes and we are currently embarking on making the commercial quantities ready for sale.

This left the dilemma of developing a brand name, we researched the Bundjalung dialect and brought some ideas to a meeting with local indigenous parents and carers. After receiving feedback after much deliberation we are yet to decide on our brand name.

As the coordinator of this amazing Global Garden project I have been overwhelmed by the enthusiasm that this group has developed and the momentum that we have. I have seen the participants over the past one and a half terms extend themselves in developing their research skills and ability to problem solve and use critical evaluation skills.

Very soon our produce range will be available for purchase so we suggest you watch this space.

*Shelley Naughton*



## THOUGHT OF THE WEEK



## UPCOMING EVENTS



The next P&C Meeting  
will be held on

**Monday 5 September**  
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

Free workshop for  
parents & carers of  
young people on the  
autism spectrum!

Ocean Shores - 12 October

Register your place:

[positivepartnerships.com.au](http://positivepartnerships.com.au)



## FOR TENDER

### TORO RIDE ON MOWER



Toro 2 Master  
Model # 74416  
Serial # 27000000120  
Needs a new battery.

All applications must be to the Principal, Chris  
Randle, by Friday 16 September

## SCHOOL & COMMUNITY NEWS



# Flower & Garden Expo

**Twin Towns and District Garden Club Inc.**

**23rd Annual Show**



### **400 Exhibits on Display**

OPEN TO EVERYONE TO EXHIBIT (not just members)

No fee to exhibit all entries (Schedules available; Cash prizes)

All exhibits accepted Friday 16th September from 2pm-5:30pm at the Tweed Heads Civic Centre; judging will follow.

## **SATURDAY 17TH SEPTEMBER**

### **TWEED HEADS CIVIC CENTRE**

**Brett Street, Tweed Heads**

**8:30am-2:30pm**

**Admission: ADULTS \$3.00 CHILDREN FREE**

*Judged exhibits, large variety of plants for sale at reasonable prices, raffles, invited stalls including orchids, tassel ferns, succulents, stag horns, elk horns, honey (Raw and infused), Gold Coast butterflies, plants in interesting containers.*

### **WORKSHOPS**

**9:00am** Gavin Bullock; Horticulturalist; Good gathering practices, soil health, fertilising, watering, pests etc. (Available all day for TROUBLE SHOOTING e.g. Growing citrus; Pruning; Grafting)

**10:00am:** Katharine Northly: Author of books "Growing vegetables for beginners"; "Worm farming for beginners".

**11:00am:** Helen Rattenbury: "Upcycling", turning trash into useful gardening utensils (A multitude of interesting ideas).

**12:00pm:** Bob Sullivan: Repotting and caring for orchids and tassel ferns.

**2:00pm:** PRESENTATION AND RAFFLE PRIZES

**Enquiries: Rhonda 07 5524 4274 Rewa 07 5590 9448 Freda 07 5524 1357**

**Email: [ttgclub@gmail.com](mailto:ttgclub@gmail.com)**



## SCHOOL &amp; COMMUNITY NEWS

## Kingscliff Swimming Club



Free shirt & cap for every swimmer!

Sign-on 2016/2017 season  
**Tuesday 11<sup>th</sup> October 5:30-7:00pm**  
Kingscliff Aquatic Centre

Come and join our exciting swimming club!  
Race at your own level, make new friends, give your training some direction.  
Be part of the local club that produces Olympians & Paralympians!

Club season commences  
**Tuesday 18<sup>th</sup> October 2015 5:45-7:30pm**

**\$90 membership fee** discounts apply for additional family members.  
Junior Dolphins 5-7 yrs **FREE**

Your kids will **love club night!**  
Suitable for swimmers of all ages.  
**BBQ available** – cheap prices

Contact **Peter 0417 772 323**  
or Kingscliff Aquatic Centre 02 6674 0145  
[www.kingscliffswimming.org.au](http://www.kingscliffswimming.org.au)  
[kingyrasec@gmail.com](mailto:kingyrasec@gmail.com)

## BALLINA HIGH SCHOOL FAREWELL WEEKEND

**FRIDAY 11/11/16 6-9PM**

**BARN DANCE, FOOD & DRINKS**

**SATURDAY 12/11/16 9AM - 6PM**

**BALLINA HIGH REMEMBERS**

FOOD STALLS, MEMORABILIA ON SALE, PRESENTATIONS, TOURS,  
ARCHIVES, DISPLAYS, MUSIC, GAMES & PERFORMANCES

**SUNDAY 13/11/16 9AM - 12**

**RECOVERY BREAKFAST & DISPLAYS**

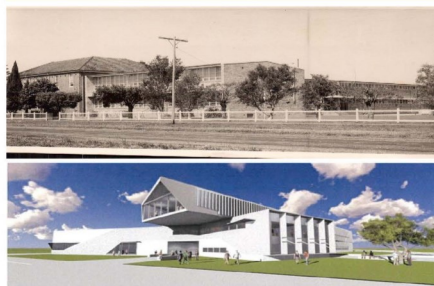


Figure 1 - A 3D perspective of the proposed concept design

### SAVE THE DATES

11TH TO 13TH  
NOVEMBER 2016

FRIDAY NIGHT  
BARN DANCE  
6-9PM

SATURDAY  
BALLINA HIGH  
REMEMBERS  
9AM - 6PM

SUNDAY  
RECOVERY  
9AM-12



Ballina High School  
Farewell Weekend  
Committee Contact:  
02 6686 2133  
[ballina-h.school@det.nsw.edu.au](mailto:ballina-h.school@det.nsw.edu.au)

Locked Bag 1  
Ballina NSW 2478

**TEXT ANDREW PLAYFORD**  
**FOR STALLS**  
**0408 166 419**



## SPORTS MEDICINE AUSTRALIA

### Mid North Coast Concussion in Sport Education Workshop Series

Sports Medicine Australia in conjunction with Office of Sport NSW and Headsafe, are providing those on the Mid North Coast with a fantastic opportunity to gain a greater understanding of concussion in sport and the principles of management following injury.

These are free of charge and open to all in the community, with programs being held throughout September at the following locations:

Port Macquarie 13th	Grafton 19th
Kempsey 14th	Ballina 20th
Coffs Harbour 15th	Tweed Heads 21st

To register for the community workshops please visit [http://north\\_coast\\_headsafe\\_sma\\_nswsport.eventbrite.com.au/](http://north_coast_headsafe_sma_nswsport.eventbrite.com.au/)

Headsafe will also be conducting Level 1 Headsafe courses at Coffs Harbour on Friday September 16 and in Tweed Heads on Thursday September 22nd.

To register for these events please visit [headsafe.com.au/events/](http://headsafe.com.au/events/)

For any queries regarding either of these programs please contact the SMA Education team in NSW on (02) 8736 1200 or [nsw.admin@sma.org.au](mailto:nsw.admin@sma.org.au)





## JURAKI

### SURF INVITATIONAL

# 2016

**SURFING MUSIC  
FOOD MARKETS  
KIDS SURF LESSONS  
PRIZES and MORE**

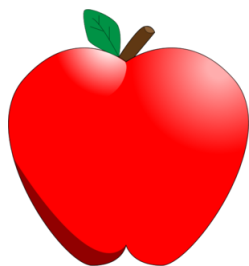
**9-11 Sept**

## FINGAL HEAD NSW

A Drug and Alcohol Free Event

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





### 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
--------------	--------

*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*



## Banora Point HIGH SCHOOL Canteen Menu 2016

### 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	\$3.80
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	\$3.00
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	\$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
Mony 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
Jelly Cups	50c



## 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: .....



**Banora Point**  
HIGH SCHOOL

## 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*

