

FROM THE PRINCIPAL

HSC WRITTEN EXAMINATION BEGIN — MONDAY 16TH OCTOBER

Our Year 12 students graduated 2017 on the last day of Term 3. The HSC Written Examinations begin on Monday next week. Student's personal examination timetables are available from *Students Online*.

On behalf of Banora Point High School staff and students, I wish you success in your examinations and hope you achieve the results you desire to pursue your dreams.

I would also like to thank Mr Bodell for his commitment to Year 12 during their high school journey as their Year Adviser. Students are reminded that they can still seek assistance from their teachers during their regular timetabled periods during this week and can at pre-arranged times during subsequent weeks. Their Year Adviser, Deputy Principal and Mentor Teachers continue to support you throughout the examination period. Just drop into school to speak with this support or make contact by calling the school on 0755131960. Further resources can be found via the ReachOut website <https://au.reachout.com>

Thank you to the student performances during the graduation ceremony.



FROM THE PRINCIPAL CON'T

TERM 3 MUSIC CONCERT

Thank you Mr Timbs, performing students and staff, for your lunchtime music performance at the end of Term 3.



TELL THEM FROM ME

We need your feedback!

Our school has started the Tell Them From Me student, parent and teacher surveys for Semester 2 2017. So far, only 7 parents have completed the Partners In Learning survey.



Please go to <https://nsw.tellthemfromme.com/3k6db> to complete a short survey to provide us with valuable information which will assist us in our school planning processes.

SCHOOLATOZ

I would like to make all parents aware of the Department of Education's website:



<http://www.schoolatoz.nsw.edu.au>

Some of the advice includes:

- Homework and study
- Student wellbeing
- Technology

It also gives very clear advice related to illness and conditions that warrant keeping your child at home. There is also an app available for ipad, iphone, Android and tablet.

Mr Christopher Randle
Principal

SCHOOL & COMMUNITY NEWS

Encouraging your teen's independence and sense of responsibility



You can help to build your teen's self-esteem by giving them more personal responsibility and independence. It can also help with their problem-solving, emotional and social skills, and academic performance. Here are some ways you can help your teen embrace independence and personal responsibility.

Decision making

When your child is in high school, it's a good idea to encourage them to start making some of their own decisions and choices. For instance, they could decide what they would like for breakfast, or plan a fun activity for the family on the weekend. Giving your teen the chance to make these sorts of decisions will encourage problem-solving and help them grow in confidence.

Chores and responsibility

You might like to discuss some tasks that can be the responsibility of your teen. For example, they could be in charge of packing their lunchbox, unpacking the dishwasher or walking the dog. Taking ownership of these tasks will give your teen a sense of accomplishment and teach them responsibility.

Setting boundaries

It's great to give your teen some freedom and responsibility as they get older, but it is still important to have clear rules and boundaries to help them understand their limits and your expectations of their behaviour. For example, you might allow your teen go and visit a friend on the understanding they come home at an agreed time. This will help your teen learn about self-discipline, which will also be helpful for study.

Praising their accomplishments

When your teen demonstrates responsibility, try to praise them for it! Giving them recognition for their accomplishments, such as by saying "Wow, you have been really organised with your assignments this term, well done!" can help boost their self-esteem and confidence, and encourage them to continue to demonstrate their responsibility and independence in the future.

Your support and guidance in their early teen years can help your child learn to be more independent and responsible, and set them up for success in the later years of high school.

Australian Government

Learning potential

Learning Potential helps parents to be more involved in their child's learning, from the highchair to high school.

The **Learning Potential app** has lots of useful tips and ideas to help you make the most of those small opportunities in your busy day. Download it today, or try it online!

Get it on **GOOGLE PLAY** | Available on the **App Store**

The new **Learning Potential Resources** site has great activities you can do with your primary school child to help develop their literacy and numeracy skills. Some activities are offline, some are online, and all support the Australian Curriculum for primary school.

Check out the [Learning Potential Resources](#) website today!

THOUGHT OF THE WEEK

if you get
TIRED,
learn to
REST,
NOT TO QUIT.

SCHOOL & COMMUNITY NEWS



BACK TO BASICS

Schoolwear & Sportswear

UNIFORM STORE

OPENING HOURS

2017-2018

TERM 1 & 4

Monday 1.45pm - 3.00pm

Tuesday 1.45pm - 3.00pm

Thursday 8.00am - 11.00am

TERM 2 & 3

Thursday 8.00am - 11.00am

Uniform Store is located upstairs in J Block



SCHOOL & COMMUNITY NEWS



My NDIS Pathway

For more information: <https://www.ndis.gov.au/participants/planning-process.html>

SCHOOL & COMMUNITY NEWS



Year 9 NAPLAN results and the HSC minimum standard

Message from NESA

HSC minimum standard required to receive the HSC from 2020

Literacy and numeracy skills are the foundation for success in life after school. This is why eligibility for the HSC is changing. From 2020, students will need to show they have the basic literacy and numeracy skills needed to complete everyday tasks.

Your child will have many chances from Year 9 to Year 12, and even after the HSC to show they meet the HSC minimum standard

Some students will meet the requirement early through their Year 9 NAPLAN results in reading, writing and numeracy. However, most students will show they meet the standard by passing short, online reading, writing and numeracy tests in Years 10, 11 or 12.

You can watch a short video that explains Year 9 NAPLAN results and the new online HSC minimum standard tests at www.educationstandards.nsw.edu.au

Year 9 NAPLAN reports available in mid-August

Your child's Year 9 NAPLAN report will indicate which online HSC minimum standard test/s (if any) they will need to pass to be eligible for the HSC certificate. Remember your child has three more years of learning before the HSC and can take the HSC minimum standard online tests in Years 10, 11 or 12. Year 9 NAPLAN is a good chance to check they are on track or get support to meet the minimum standard by Year 12.

If your child has achieved a Band 8 or above in reading, writing or numeracy, the NAPLAN report will indicate that they have "Met the HSC minimum standard early" in the respective area/s.

Your child can sit the online HSC minimum standard tests when they are ready

There are three separate 45 minute online tests: reading, writing and numeracy. Students don't have to pass all three tests at once and can attempt each test up to twice a year.

The reading and numeracy tests each contain a maximum of 45 multiple choice questions.

The writing test will require students to respond to a question about a prompt or stimulus.

You can try some sample reading and numeracy questions at

<https://hscliteracynumeracy.nesa.nsw.edu.au/>

For more information visit www.educationstandards.nsw.edu.au

SCHOOL & COMMUNITY NEWS



mem's soul food



RAINBOW POWER GIRLS NIGHT

WHO - Girls 14-18 years
WHEN - Saturday 4th of November 2017
TIME - 6.30pm - 10.30pm

DRESS
Rainbow Colours

TOPICS
Learn your true **POWER**
Learn to control your **EMOTIONS**
Learn to face your **FEARS**

ACTIVITIES
Food & Cooking Demonstration
Health & Wellbeing
Fitness
Music
Mindfulness & Meditation

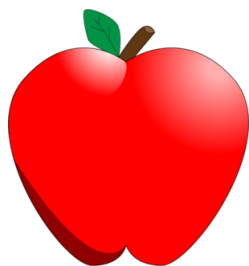
WHERE
Tweed Heads Bowls Club - Bowlers Lounge
Corner Wharf and Florence streets
Tweed Heads

BOOKING LINKS
For more information
Email: mem@memssoulfood.com.au or
Call M: 0433601344
www.trybooking.com/RIOC or
www.trybooking.com/304566

LIMITED SEATING
200 tickets only

SUPPORTERS





Canteen Menu 2017

Sandwiches

Vegemite	\$2.00
Cheese	\$2.50
Egg plain or curried	\$3.50
Tuna	\$3.50
Lean Ham/Chicken Breast	\$3.50
Salad	\$3.50
Salmon	\$4.00

Salad = lettuce, tomato, beetroot, carrot, cucumber

Extras

Salad	\$1.00
Avocado	\$1.00
Egg	50c

Fresh Wraps

Salad with mayo	\$3.50
Chicken & salad w/mayo	\$4.50
Ham & salad w/mayo	\$4.50
Tuna & salad w/mayo	\$4.50

Special Wraps - lettuce, tomato, cheese

Mexican Wrap	\$4.50
<i>Taco style mince with corn, avo & sour cream</i>	
Sweet chilli tender wrap -	\$4.50
<i>sweet chilli coated chicken tender w/sweet chilli sauce</i>	

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, onion & beetroot w/

your choice of tomato BBQ, sweet chilli, aoli or mayo

Cheese burger - beef & cheese	\$3.50
Hamburger	\$4.50
Chicken burger	\$4.50
Fish	\$4.50
Bacon & Egg Roll	\$4.00
Veggie	\$4.50

Pies & Sausage Rolls

Sausage roll	\$3.50
Plain pie large	\$3.80
Spinach & ricotta roll	\$4.00
Flavoured pies	\$4.00
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	\$3.80
Macaroni cheese	\$3.80
Lasagne	\$3.80

Drinks

Bottled water 600ml	\$1.50
Bottled water 750ml sip cap	\$2.00
Milk - plain small	\$1.20
Poppers - apple, orange, tropical	\$1.60
Focus water	\$2.00
Crazy lemon lemonade small	\$2.00
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 \$3.00

Chicken & avo, chicken teriyaki, tuna, honey soy chicken, tuna & avo, prawn tempura, prawn sweet chilli, salmon & avo, veggie tempura, salmon & cream cheese, salad, avo, iron, 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	\$1.50
Cheese & bacon rolls	\$2.00
Vegemite & cheese scroll	\$2.50
Jelly Cups	80c
Finger buns	\$2.00
Muffins	\$2.50

Ice Treats

Frozen juice cup	80c
Many frozen cups	80c
Calippo	\$1.00
Icy twist	\$1.20
Paddle pops	\$1.50
Paddle pop shaky shakes	\$2.00
Frozen yoghurt	\$2.00

Please note—the canteen has limited hot food items available at recess and lunch. To avoid missing out please place a lunch order before school.

