

BEACH VOLLEYBALL

On Friday 20th October Banora Point High School participated in the FNC Beach Volleyball competition which was held at Coolangatta Beach. Luckily we woke to a still and sunny morning which allowed the players to compete at a high level against the opposition.

RESULTS

Our junior boys were unlucky not to beat eventual champions Murwillumbah in a thriller, that went down to the wire in the 3rd set. Our junior girls and senior boys also lost their 1st round match however went on to win the next two games in the repechage side of the draw. Our best performance came from the senior girls who made the FNC Final against much fancied Wollumbin. Our girls dispatched both Murwillumbah and Kingscliff to compete in the final. Unfortunately Wollumbin were two strong and took both sets to bring an end to the girls great run. Well done to all players on your spirit and sportsmanship on the day. A great group of students who were a pleasure to take away.

Mr N Williams
CHS Sport Co-Ordinator



FROM THE PRINCIPAL

YOUTH FRONTIERS

Youth Frontiers is aimed at students in years 8 or 9, who have the capacity to benefit from youth mentoring that focuses on leadership and civic engagement. Every year, more than 1,200 young people will have the opportunity to participate in the program delivered across NSW, which encompasses over 30 hours of mentoring by a community volunteer and the development of a community project.

This year, ten students from Banora Point High school participated in the Youth Frontiers program. The showcase event occurred on Friday night with students presenting their projects which included working with our communities elderly, raising awareness of equal rights and domestic violence, programs for Out Of Home Care youth, creating homeless care packages, tackling obesity and lifestyle in the community and lobbying politicians for legislative change.

We are extremely proud of our students and their contributions to our community. I would also like to congratulate Jack Lee who will be participating in the NSW Youth Parliament this week and Christain Smith who has been nominated for the NSW Youth Advisory Council.



FROM THE PRINCIPAL CONT.

IMPROVING COMMUNICATIONS

Banora Point High is working to improve our communication with our parents and community. I would like to thank those parents who attended our focus groups, both from the high school and our partner primary schools, Centaur PS and Terranora PS. The feedback from these focus groups along with other data collected, will assist us in developing strategies for improvements.

P&C BUNNINGS BBQ FUNDRAISER

Once again, our P&C will be sizzling sausages and dealing drinks to raise funds for the school. The Bunnings BBQ event will be held Saturday 11th November at the Tweed Heads South store. If you would like to assist, please complete the form found via the link below or contact the school on 0755131960.

<https://goo.gl/forms/vo53AJptG2Ncknn1>

Chris Randle
Principal

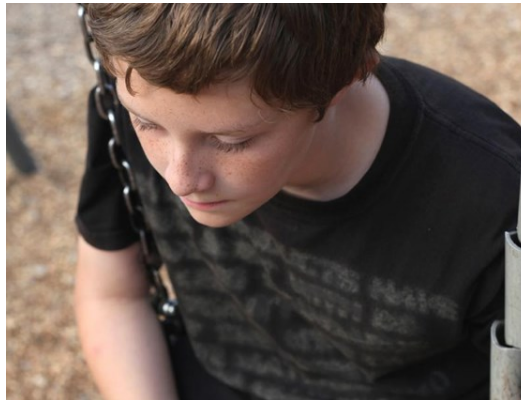


My NDIS Pathway

For more information:

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

SO YOUR TEEN'S BEING BULLIED. WHAT CAN YOU DO ABOUT IT?



As a parent, it's hard to hear that your teen is being bullied. The best thing you can do first up is to listen, then to let your teen know you will help them deal with it.

Here are some tips to help you both:

- If your teen's safety is at risk, don't delay. Contact the school immediately.
- Most schools have a documented anti-bullying policy so this is often a good place to start.
- Assure your teen that under no circumstances is bullying acceptable.
- Encourage your teen to avoid engaging in physical or verbal conflict with the bully. This will only make the situation worse and land your teen in trouble.
- Do not take matters into your own hands either, by retaliating against the bully or their family.
- Stay calm and positive. Show your teen that confidence and resilience can help stop bullying from escalating further.
- Work with your teen to improve their social skills and learn strategies for dealing with bullying.
- Report any incidents of bullying to an appropriate member of the school staff, such as the school counsellor, or principal.
- If your teen wants to talk to someone else about the issue, give them the [Kids Helpline](https://www.kidshelpline.com.au) number 1800 55 1800.
- There are a number of support services and resources available:
- [Student Wellbeing Hub](#)
- [Bullying. No way!](#)
- [Headspace](#) provides confidential online and telephone counselling for young people aged 12 to 25 and their family and friends. Call 1800 650 890.

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!

FROM THE CAPA FACULTY

CONGRATULATIONS YEAR 12 AND THANK YOU STAFF

Firstly, a huge congratulations to our Year 12 students across the Creative and Performing Arts. Quality performances have been assessed by HSC markers across Drama, Music and Dance. Our Visual Arts students have had their works finalised and locked away awaiting the markers in late October. Whilst the students have applied themselves it must be acknowledged the amazing efforts and talents of the teachers. A huge thank you to the time offered above and beyond by Mr Timbs, Ms Green and Ms Dunn for their care. Later in Term 4 we will have an exhibition of HSC Visual Art Works and students and parents /carers will be invited to attend and view the amazing works. Sadly, we can't offer a peek until after the markers have been to assess these. You will have to watch this space.

HSC DRAMA GROUP SELECTED FOR DRAMAWORKS

This year one of the HSC drama group pieces was selected into Dramaworks, a showcase of exemplar works in the North Coast region. The students who devised the piece were Shelby Boughton, Rachel Presser, Madelyne Pittorino and Pacey-Lee Kolk. Their performance was called 'Replaced' and it was based on the idea of cupids being replaced in the modern world. There is no room for real love anymore and society are wanting a quick fix with Tinder, Speed Dating and Reality TV. The cupids attend an 'Artificial Love Convention' in order to fight for what they believe in and bring back real love, but who will win? They performed very well and represented Banora Point High School at an outstanding level. Well done girls.

T5 GIFTED AND TALENTED ENRICHMENT DAY

This term saw Banora Point High School host a T5 Gifted and Talented Enrichment Day. Students from the 5 local high schools and their feeder primary schools sent representatives to partake in a day of Drama activities by three of our experienced Drama teachers, Ms Green, Ms Giblett and Ms Rundell-Gordon.

All our efforts culminated in a "Showcase of Excellence" at Tweed City Shopping Centre on 7th September. It was pleasing to see so many of the students who attended the days come to see our display and share their experience. Many grandparents also popped by enjoying the achievements of the students.

Continued overleaf...



FROM THE CAPA FACULTY CONT.

The staff band consisting of Mr Williams, *move over Mark Knoffler*, on vocals and guitar along with Mr North strumming the strings on guitar, Ms Dreyer rockin' on drums, Mr Timbs tinkling the keyboard keys and Ms McPherson slapping the bass, performed a cover of Dire Straits classic, "Walk of Life". Congratulations to Mr Timbs for coordinating the group and giving these wannabe muso's a few minutes of fame and glory!!!

All in all it has been another creative and successful term in CAPA and we look forward to starting all over again with the next cohort of Yr 12 officially beginning their HSC journey in Term 4.

Current Yr 9 students will be offered a 100 hour elective course for 2018 and CAPA are offering Drama, Music and Photography. Make sure you choose what you most want to do and we look forward to creating new and exciting classes.

Ms Noni McPherson
Head Teacher, CAPA



THOUGHT OF THE WEEK

Take a deep breath

It's
Just a BAD DAY ,
Not a
BAD LIFE

(Gr8 ppl , Gr8 thoughts)

UNIFORM SHOP


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

JUNIOR PUBLIC SPEAKING AWARD

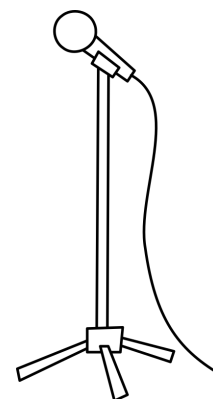
All students in year 7 and 8 are invited to prepare a speech on any appropriate topic to compete in the JUNIOR PUBLIC SPEAKING AWARD.

Students are to have their speech ready by November 9th 2017 and it must be no longer than 5 minutes.

The winner will be the person who is the most engaging and uses expression, volume and eye contact to their advantage. They will receive an award on Speech Day at the end of the Year.

English teachers will have more information for any interested students.

Ms Nizette,
Junior Public Speaking Award Co-Ordinator



SCHOOL & COMMUNITY NEWS**SCHOOL WATCH INFORMATION OCTOBER**

Summer is on the way and that can mean storms flooded creeks and rivers, which can spell danger. Our safety tip this time we urge all students and parents to be aware of children playing around in swollen creeks and rivers and the dangers this represents.

As we all know all emergency services put out warnings regarding the crossing of creeks and rivers under flood conditions, this also applies to people of all ages who might feel the need to paddle around on the edge of flood waters especially our young people who could suddenly be washed away with a sudden surge of flood water.

We would ask all parents to advise their children about these dangers especially with the summer approaching and heavy rains can be with us at any time, a few minutes of your time could save a life. We urge all parents and carers to be very much aware of the dangers that can be present in flooded creeks and rivers.

Wet roads can be another danger point many pedestrian accidents take place in the wet, always use a pedestrian crossing never run out in front of an approaching vehicle, remember it takes longer for a car to stop safely on a road that is wet, It pays to remember our extreme wet weather can cause many dangers

SCHOOL & COMMUNITY NEWS

FREE SAFE SODA LIFE PRESENTATION

pH and alkalinity from an angle never before heard

VENUE :South Tweed Community Centre

ADDRESS: Cnr of Heffron & Minjungbal Drive
South Tweed Heads, NSW 2486

WHEN :Monday 23rd October 2017

TIME: Doors open 6:00pm for a 6:30pm Start



Looking for master retailers and retailers around Australia.

SEE YOU AT THE NEXT PRESENTATION
THIS IS AN EVENT YOU DON'T WANT TO MISS !!!

WIN The Acid War In Your Body

Learn the benefits of safely and simply alkalising the body including an insight into recent studies on the effects of pH on cancer and other illnesses. This includes an in depth journey into the amazing personal stories with Dean Kesarlal.

If you have a chronic disease, this is vital for your future health.

Osteoporosis:

Is a medical condition in which the bones become brittle and fragile from demineralization, typically as a result of deficiency of calcium.

FIND OUT WHY??

Diabetes:

Diabetes mellitus, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period.

FIND OUT WHY??

Gout:

Is caused by elevated levels of uric acid in the blood. The uric acid crystallizes, and the crystals deposit in joints, tendons, and surrounding tissues.

FIND OUT WHY??

RSVP REQUIRED : going2event@gmail.com

CONTACT :Jackie Smith Ph: 0499 350 995

www.safesoda.com.au

COOLOON CHILDREN'S CENTRE INC.

A **free** CELEBRATION FOR CHILDREN AND FAMILIES**10AM - 2PM**
DAYLIGHT SAVINGS TIME
SATURDAY, 28TH OCTOBER 2017

LIVE MUSIC BY RENATA, TRACKLESS TRAIN, KIDS INDIGENOUS WORKSHOPS, ARTS & CRAFTS, REPTILE SHOW, FACE PAINTING, HAIR COLOURING, JUMPING SLIDE, BALLOONS, BEPPO THE CLOWN, HOOPLA CIRCUS, PONY RIDES AND FARM ANIMALS + MORE!

All Welcome

CNR PARK AND RECREATION STREETS, TWEED HEADS NSW 2485
VISIT COOLOON.ORG.AU OR CALL 5536 5929 FOR MORE INFORMATION

MINMIN LIGHTING & EVENTS and BYRON YOUTH SERVICE.
PRESENT**SPiRiT of the BAY**

A FUNDRAISER FOR THE BYRON YOUTH SERVICE

21 OCTOBER 2017 FROM 2PM

\$10/\$15

Opening Ceremony 3pm

Live music

INDIGENOISE
Kook Cartel
Jeremy Storm
AMBER

DJs

Shrapaz & Sita Tara
Dendrite
Morgazmk
Fractal Faerie
TORUSPHERE

The FUN MAKER Silent Disco

Medicinal Noise

JAYDEN
The Chief
Distractive
Parametric
Beatroot
Trip Syndicate...

Catering

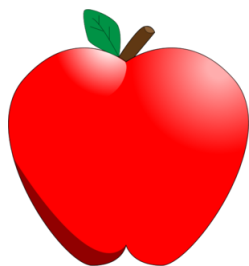
Eastern Espresso
BYS Ice Cream Bar
Neva Endin' Feeds
Magic Mixes Herbal Elixirs

Market Stalls

Crystal Cravings
Sea Shepherd
and more...

1 Gilmore Crescent
Byron Bay





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 | <i>(specials change weekly)</i> |
| Tuesday | |
| Check specials board | <i>(specials change weekly)</i> |
| Wednesday | |
| Check specials board | <i>(specials change weekly)</i> |
| Thursday | |
| Eagle boys pizza (equal to 2 slices) | \$3.50 |
| <i>Hawaiian, meatlovers, vegetarian, cheese</i> | |
| Friday | |
| Nachos | \$3.50 |
| <i>With sour cream and sweet chilli sauce</i> | |

Burgers - lettuce, cheese, tomato & beetroot w/ your choice of samosa 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

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|--|--------|
| Fresh Sushi | \$3.00 |
| <i>Chicken & avo, chicken teriyaki, tuna,</i> | |
| <i>honey soy chicken, tuna & avo, prawn tempura,</i> | |
| <i>prawn sweet chilli, salmon & avo, veggie tempura,</i> | |
| <i>salmon & cream cheese salad, avo, inari,</i> | |
| <i>california roll (crab, avo & egg).</i> | |

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 |
| Mony 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.

