

FROM THE ENGLISH FACULTY

Year 9 English students participated in a Poetry Boot Camp workshop led by Australian Poetry Slam Champion, Zohab Zee Khan. The workshop utilised performance activities and writing exercises designed to teach and develop poetry techniques. All students developed ways to self-express and some students had an opportunity to perform an original poem by the end of the boot camp.

Zohab shared his poetry and love of language and performance with good humour, warmth and honesty. We all felt inspired as he involved EVERYONE in the writing process. We brainstormed, drafted, edited and presented a great poem.

He made us believe that we CAN WRITE and we CAN WRITE POETRY.

The English teachers were impressed to see all of our students ENJOYING some time to write poetry. We were proud of each student who willingly shared their poems.

Maybe we can take up Zohab's daily exercise of writing a "brain dump" of ideas in 4 minutes 44 seconds in a journal or diary! Some of us may even move to the next step and work it into a poem by including some techniques: simile, metaphor, personification, alliteration, onomatopoeia.

Ms Marelda McLean, Relieving Head Teacher



FROM THE ENGLISH FACULTY CONT.



Extended metaphors written by Year 9 students

We learnt how to write an extended metaphor using S.O.D. This acronym means **Subject/Object/Doing Something**.

"The mind is a vast ocean having more than meets the eye, connecting people world wide."

"The world is a burnt piece of toast...no-one can properly fix it."

"Surprise is a flurry of doves being catapulted in the sky."

FROM THE PRINCIPAL

CHANGES TO TRANSPORT NSW

Please be advised that from 26 November 2017 there will be substantial changes to bus, train and ferry timetables that may impact on your children's journey to and from school.

With over 8,600 changes taking place we advise you to check the timetables for possible alterations to services which may also include faster trains, departure and arrival times different stops or platforms and, on some occasions, complete changes of train lines.

Check transportnsw.info or call 131 500 for more information.

YEARLY EXAMINATIONS

This week, our years 9 and 10 students will be completing their Yearly Examinations while Years 7 and 8 will attempt their examinations next week. For students to truly demonstrate their abilities accurately, examination preparation is the key. Study should be focused on consolidation and areas for improvement. The classroom teacher is the best resource a student can utilise. Please help your child to study each day and seek assistance from the classroom teacher.



If you notice the stress of examinations impacting your child, please contact one of our support team including the Deputy Principals, Year Advisers, Boys and Girls Advisers, Learning and Support Teachers and our Counsellor on 0755131960.

Needing Assignment Help?

The Learning Hub is open for Assignment and Study help during the following times:

Tuesday 7.50am – 8.30am

Wednesday Sport time 1.00pm – 2.30pm

Thursday 2.30pm-3.00pm

Friday Lunch

MOVEMBER

The Movember Foundation's vision is to have an everlasting impact on the face of men's health. The foundation is partnered by Beyond Blue, Prostate Cancer Foundation of Australia and Monash University. A small group of teachers and students at Banora Point High are seeking your sponsorship to raise funds for the Movember Foundation.

Our moustaches are in need of your support! Please donate to our #Movember efforts and help us change the face of men's health.

<https://mobro.co/13603568?mc=1>

MR. MO

Roger Hargreaves



FROM THE PRINCIPAL CONT.

IMPROVING COMMUNICATIONS

Banora Point High is working to improve our communication with our parents and community. I would like to invite you to give us your feedback. Please complete the survey accessible via the link <https://www.surveymonkey.com/r/BPHSparentscomms>

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/vo53AJlptG2Ncknn1>

Chris Randle
Principal

SCHOOL SPECTACULAR REHEARSALS

Banora Point High School was the host for the combined dance rehearsal for Schools Spectacular this year. Students from Kingscliff, Tweed River and Murwillumbah High Schools came together to learn the choreography for their segment on Thursday 19 October in the BPHS Hall.

The students worked very hard with the choreographer who travelled from Sydney, Joanne Gilmour. They learnt the entire 4 minute dance in one day and were all extremely exhausted by the end of it. The next rehearsal is on Friday 3rd October, before we head down to Sydney on the 22nd November for final rehearsals and the show.

We also have a BPHS drama ensemble performing in this years' Spectacular, which is a first for rural schools. The drama group will head to Sydney to learn their performance piece on Tuesday 21st November.

Be sure to keep your eye out for the live stream of Schools Spectacular on Channel 7 in November.

Ms Ingrid Green
Teacher, CAPA



EXAM TIME: PREPARING FOR SUCCESS

It's normal for your teenager to feel some stress if they have exams coming up, but there are ways you can help them manage their feelings.

Here are some to help your teen to prepare well:

Be prepared

Encourage your child to revise regularly over the term. If your child has done their revision and thoroughly understands the work, they will be much more confident when the time comes for exams.

Take breaks

While they are studying, encourage your child to get up and walk around regularly to keep the blood flowing and clear their head. This will help the brain to absorb and process information. Short exercise breaks are great too.

Drink water, not caffeine

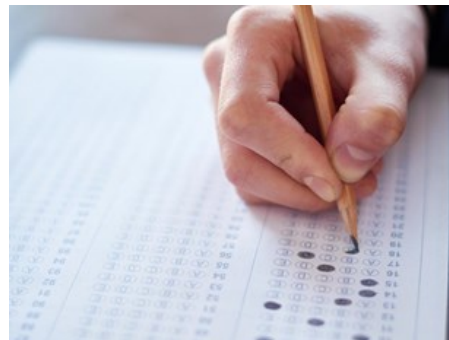
Water is very important for the brain and body. Encourage your teenager to drink water and avoid drinks with caffeine. Too much caffeine can make your teenager feel jittery and restless.

Brain food

While your teenager is studying, have healthy snack foods on hand that feed the brain, and nourish the body, for example nuts, fruits and vegies.

Get enough sleep

Research shows that sleep deprivation can actually impede learning and reduce exam performance. So it's important to encourage your teenager to go to bed early during exam time.



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!

Breathe

Encourage your child to breathe deeply if they are feeling nervous. It sounds simple but it works. Slow, deep breaths trigger a relaxation response and inhibit stress-producing hormones.

Think positive

Tell your child to expect the best. Encourage your teen to see an exam as an opportunity to demonstrate how much they have learned.

Keep it in perspective

Very few exams these days are make or break. Assure your teenager that even if they don't get the results they were hoping for, there are other pathways to get where they want to go.

SCHOOL & COMMUNITY NEWS



Young People and Risk Taking

Risk-taking is an essential part of learning and personal development for young people. Teenagers need to explore their own limits and abilities, as well as boundaries set by others. They also need to express themselves as individuals. It's all part of their path to becoming independent young adults, with their own identities¹.

Unfortunately, the risk involved in different activities and settings can often be poorly judged by young people and they are over represented in every category of risk-taking resulting in injury and trauma. For more information about the different types of risks for young people, see <http://www.kidshelp.com.au/grownups/news-research/hot-topics/risk-taking.php>.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in northern NSW. Attending RRISK extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to further develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4,300 students from more than 62 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars.

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. Researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au and in this newsletter over the coming

SCHOOL & COMMUNITY NEWS



Alcohol and Young People

Trends relating to young people and alcohol are increasingly improving. Specifically, there has been an increase in the age at which 14–24-year-olds first tried alcohol, from 14.4 years in 1998 to 15.7 years in 2013². Also, fewer people aged 12–17 are drinking alcohol and the proportion abstaining from alcohol increased significantly between 2013 and 2016 (from 72% to 82%)

However, whilst more young people aged between 12 to 17 years of age are abstaining from alcohol than in previous years³, almost 5 million people in Australia aged 14 or older (22%) reported being a victim of an alcohol-related incident⁴.

Young people are less likely than adults to be concerned about potential negative consequences of alcohol and are at greater risk than adults (being both physically and psychologically vulnerable).

Current research suggests the brain is not fully developed until about 25 years of age. Binge drinking alcohol before this age can result in permanent brain damages⁵, affecting memory, learning, decision making and problem solving.

Recognising the serious impact of alcohol on young people, NSW Office of Liquor and Gaming have changed the laws regarding supply of alcohol to young people. Under Section 117 of the New South Wales Liquor Act 2007 it is illegal to supply alcohol to people aged under 18 years in a private home unless it is supplied by:

the child's parent or guardian, or
an adult who has the approval of the child's parent or guardian.

A person convicted of secondary supply in NSW can be fined up to \$11 000 for each underage drinker involved.

For more information on the effect of alcohol on the developing brain, see <http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf>

Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue www.beyondblue.org.au 1300 22 4636

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

SCHOOL & COMMUNITY NEWS



213 SQUADRON ELANORA
NOW RECRUITING FOR 2018
AUSTRALIAN AIR FORCE CADETS

INFORMATION NIGHT
 TUESDAY 14TH NOVEMBER 6.00PM
 ELANORA HIGH SCHOOL, NINETEENTH AVENUE,
 ELANORA QLD 4221



PARENT/CADET INFORMATION NIGHT.

- 213 Squadron Australian Air Force cadets will be conducting a parent/cadet information evening at Elanora High School, Nineteenth Ave, Elanora QLD 4221 on Tuesday 14th November at 6.00pm.
- The Australian Air Force Cadets is a youth organisation for males & females aged 13-18. The activities conducted at the AAFC are, leadership, aviation (powered and gliding), fieldcraft & survival, team building, drill & ceremonial, adventure training and international exchange program. Uniforms are supplied at no cost
- Cadets also get to visit Military bases and participate in camps on the bases during school holidays and weekends when available.
- If you are interested why not attend the information evening or contact the Commanding Officer Flight Lieutenant Michael Averay on 0437 390 679 or email admino.213sqn@airforcecadets.gov.au

AUSTRALIAN AIR FORCE CADETS

SCHOOL & COMMUNITY NEWS

The Australian Air Force Cadets (AAFC) is a youth oriented organization that is administered and actively supported by the Air Force.

Youth Development is our aim.
Get ready for a better you.

Join 213 Squadron
Australian Air Force Cadets



*LEADERSHIP
CONFIDENCE
AND MATESHIP*

*GET READY FOR A
BETTER YOU*



AUSTRALIAN AIR FORCE CADETS
213 SQUADRON

ELANORA HIGH SCHOOL
19th AVENUE, ELANORA
Parade times: 1745 till 2100 Tuesday evenings
during QLD School terms

Commanding Officer:
FLTLT (AAFC) Michael Averay
Mobile: 0437 390 679
E-mail: co.213sqn@airforcecadets.gov.au

AUSTRALIAN AIR
FORCE CADETS

213 SQUADRON
ELANORA



*Recruit Information
Brochure*



Who can join?

Any boy or girl between the ages of 13 and 18 years of age who is an Australian citizen or has a temporary or permanent resident visa and is physically fit enough to participate in the activities.

Aims of the Australian Air Force

Cadets:

- Give the cadets a foundation of Air Force knowledge and discipline;
- Develop the qualities of leadership, self reliance and initiative;
- Develop character and good citizenship in the widest sense;
- Develop an interest in the Air Force and aviation generally;
- Instill knowledge of aviation history;
- Encourage cadets to continue an active interest in aviation into their adult life.

What is our history?

The AAFC was formed in 1941 as the Air Training Corps. Its original aim was to prepare young men from the ages of 13 to 18 to join the Air Force.

In 2001, the Federal Government renamed the Air Training Corps, to the Australian Air Force Cadets. All three cadet services (Air Force, Army and Navy) form the Australian Defence Force Cadets.



What are the activities of the Australian Air Force Cadets?

The AAFC will teach you valuable LIFE SKILLS and you will develop qualities including leadership, self reliance, self confidence, self discipline, self respect, good communication, teamwork and citizenship.

It gives young people the opportunity to experience life in the Air Force.

Activities the cadets can undertake:

- **Weekly parades** where cadets have a set syllabus with topics such as Service Knowledge, Aviation, Field-craft, Survival, Drill and Ceremonial.
- **Marches and Services** such as Anzac Day, Remembrance Day and RAAF Association March. Our cadets have the privilege in performing ceremonial duties in the largest Dawn Service in Australia at Elephant Rock
- **Weekend field exercises** concentrating on bush survival, field-craft, navigational exercises and leadership training. Cadet experiences include:
 - Powered Flying
 - Gliding
 - Engineering (basic aero skills)
 - Aero-modeling
 - Air Traffic Control courses
 - Musician
 - Firearms Safety Training
 - First Aid Courses
 - Adventure Training
 - Exchanges to overseas countries with other air cadet organizations
 - Leadership Training

Make your choice of 213 SQN easy:

213 Squadron is fortunate to have a wide range of skilled instructors that gives every cadet their own rewarding experience. With specialist instructors in Aviation, Fieldcraft, Survival, Firearm Safety, and Drill and Ceremonial which definitely puts 213 Squadron above the rest.

Do you wear a uniform?

Two uniforms are included in your annual fees. The Service Dress Uniform (Air Force Blues) and Disruptive Pattern Camouflage Uniform (DPCU).

Does it take up much time?

Parades are Tuesday evenings 1745 (5:45 pm) till 2100 (9:00 pm) during QLD school terms at Elanora High School. Plus some weekend activities. Most camps and courses are run during school holidays.

How much does it cost?

The Squadron charges a yearly fee (\$250) to cover administration costs and insurance. The fees also cover the cost of our Annual Dinie In Night. Payment plans are accepted.

For further information:

Please don't hesitate to contact our Commanding Officer Flight Lieutenant (AAFC) Michael Averay

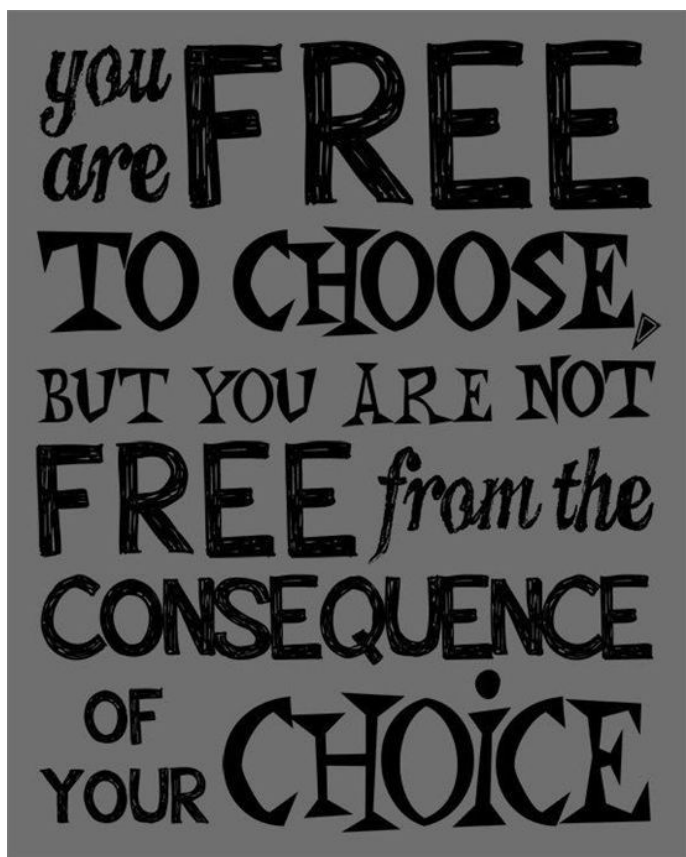
Mobile: 0437 390 679

Email: co.213sqn@airforcecadets.gov.au

GENERAL ENQUIRIES

Admin Officer
SGT (AAFC) Laurie Hinton
admino.213sqn@airforcecadets.gov.au

THOUGHT OF THE WEEK



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



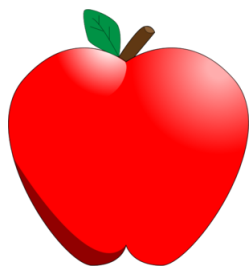
SCHOOL & COMMUNITY NEWS



My NDIS Pathway

For more information:

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



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

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, tomato & 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
Vegie	\$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 tempura, tuna,
honey soy chicken, tuna & avo, prawn tempura,
prawn sweet chilli, salmon & avo, veggie tempura,
salmon & cream cheese, salad, avo, onion,
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.

