



advancedlife
photography . design . printing



Our school photos will be taken on the **24th & 27th February 2017.**

For the convenience of our school community advancedlife have now introduced Online Ordering. School photos can now be ordered and paid for using a secure online Web Portal. *Please note:* Photos can still be purchased using an envelope.

The preference of our school is that Orders and Payments be made through the Web Portal as this reduces the administration and associated order issues related to the return of cash & envelopes on photo day.

To place your order visit www.advancedlife.com.au and enter the code- **[Y9P P9L P2E]**. A full set of instructions on how to order can be found on the back of the order flyer. The order code can also be found printed on the envelopes supplied by advancedlife. Please be aware that-

1. Sibling/Family Photos may be ordered online or via envelope. To ensure a smoothly run photography day, **Online Orders for Sibling/Family Photos will be cut off at midnight before our photography day** to allow a list of students that require Sibling/Family photographs taken to be compiled. Sibling Photos can still be ordered after the Online cut off date by collecting an envelope from the office in the usual way and returning the envelope on photo day with payment enclosed.
2. All Online Orders should be placed on or before our day of photography. Please Note: Once orders are closed a LATE FEE will apply.
3. The Online code above Web Portal may also be used to order *previous years'* sports and other group photos at any time.

All Online Orders placed through the Web Portal will be returned to school for collection.

FROM THE PRINCIPAL

It is with mixed emotions of celebration for the success of a staff member and the sense of loss of an integral member of our school leadership team that I farewell Mr Greg Smith, former Principal Banora Point High School, who officially separates from our school on Friday.

We cannot express how much we value Mr Smith's contribution to school excellence for the students, staff, parents and learning communities of Banora Point High School.

He has left a footprint of integrity, growth mindset, professionalism and positive wellbeing for everyone. He has increased the capacity of the school's teaching and leadership teams to ensure our students have the greatest chance available to achieve their goals.

When I started at BPHS in 2013, Mr Smith told me that the demographers had forecasted the school's enrolments would be approximately 380 in 2017. As at Friday 10th Feb, BPHS enrolments stand at 599. This is the result of Mr Smith's work at BPHS and cannot be understated. I am proud to be able to say that I worked along-side Greg Smith for 4 years. The staff and students of Banora Point High School wish Mr Smith success in your future endeavours.



Our meet and greet BBQ for Year 7 students and parents occurred last week. Thank you to the parents, students and staff who attended. It was a great opportunity to meet with parents and get feedback on how our Year 7 students are transitioning to our school. The positive words shared by parents were evident when I visited classrooms late Friday afternoon. Students were focused and still enjoying learning late in the day. Please be reminded that if you have any concerns regarding Year 7, please contact the Year Adviser Mr Duff, our Girls Adviser Mrs Naughton or the Deputy Principal 7 – 9 Mr Bristow, on the school number 0755131960.

I would like to recognise the valued work of our administration staff who have supported our students and staff as we return to the regular routines of school. In particular, I would like to acknowledge the outstanding work of Ms Natalie Swaddle during the past three weeks as relieving School Administration Manager.

I would like to thank the support our P&C provide the school and on this occasion, their assistance with improving the signage of our school. Our new signs make navigation of our site simple and easy for our visitors, whilst ensuring the aesthetics of our site and strengthening our school image.

Our school fosters leadership opportunities for our students in many and varied arenas. Joshua Carpenter year 10 and Maddison Uitendaal year 12 will represent Banora Point High School on the Tweed Shire Youth Council in 2017. The Youth Council gives young people in the area an opportunity to express their views on local community matters that directly relate to them. Our students are presented the opportunity to strengthen their communication skills and increase personal confidence and leadership skills. We know that Maddison and Joshua will be outstanding representatives for our school.

Chris Randle, Relieving Principal

FROM THE DEPUTY PRINCIPAL

Welcome back to the new year. This year our Junior school numbers have grown significantly with all year groups well over the 100 student mark. I have been happy with how our 'regular' students have returned to school, engaged, enthusiastic and ready to learn!

Our new Junior students have settled in well and what pleases me most is how welcome they have been made to feel. I would like to thank every student for their acceptance and support of all the School's new students from 7 to 12...a job well done!

Our focus for the first term of school is belonging and as such, uniform the image we portray in public and our involvement in school activities is vitally important.

Our swimming carnival was outstanding because it was permeated by teamwork and a strong sense of belonging. Although the greatest house in the history of school sport, Thorpe, did not win, it was still an enjoyable day. Congratulations to all our successful swimmers and congratulations to all those who participated. If you missed the carnival it's time to get your runners out of moth balls and start training for the cross country and Athletics carnival.

Year 7 have hit the ground running and appear to be a great bunch. They are working through a wellbeing and resilience program with Mr Duff and Mr Bristow and rock and water with Mr Lengyel and Miss Dooley. These programs equip students with strategies to manage life in high school especially if they encounter challenging situations and personalities. Students are aware of where to go to seek help if the need arises. Parents and carers can contact Mr Duff the year coordinator or myself, Mr Bristow the Deputy Principal if they have any concerns.

Next week our transition program for Year 7 2018 begins with the power up program on Tuesday the 21 February and the school tour for stage 3 on Wednesday 22 February. If you have a child who is interested please come along to the tour or if you know someone who is thinking about Banora Point High School as an option for their child in 2018 or 2019 send them along. Any enquiries about either program can be directed to the front office.

2017 has a great feel to it so let's work hard to turn promise into reality. I look forward to working with and support the staff, students and families of Banora Point High School throughout the year and don't forget...go the EELS!!!!!!

Luke Bristow, Deputy Principal Years 7-9

STAGE 6 CURRICULUM INFORMATION EVENING

Year 11 and 12 students and their parents/carers are invited to attend a stage 6 Curriculum Information Evening:

Banora Point High School – Library – 6.30pm, Wednesday 15th February

Year 11 and 12 are challenging years in the school life of our students. It is important that year 11 and 12 students and their parents/carers are provided with information and resources to assist students succeed in their studies. Topics covered at the curriculum information evening will include: NESA requirements, School based and external; support structures, resources and programs, study skills and important dates.

The evening will be presented by the Deputy 10 -12 with Year Advisors, Head Teachers and Support Staff available to provide further information.

Lachlan Klose, Relieving Deputy Years 10-12

SWIMMING CARNIVAL WRAP UP

On Monday 6th February Banora Point High school held our annual swimming carnival at Oasis Swimming Pool. Once again we had a marvellous day with over 350 students attending the carnival. Our school boasts some very impressive swimmers with a staggering 26 records falling on the day. This year O'Neil house claimed their maiden victory for any carnival since the formation of BPHS. This house group has certainly been building and this year O'Neil won with an impressive 41 point lead over Thorpe. The highlight of the day was O'Neil dancing off to 24k magic by Bruno Mars. Some inspired choreographing from Mekala Knight, Chelsea Mackenzie and Lincoln Jamieson saw O'Neil wipe the others teams off the dance floor. Well done to all students and staff on a magnificent day! The Final point scores were:



1st PLACE O'NEAL 298 Points
4th PLACE BRADMAN 151 Points

2nd PLACE THORPE 257 Points

3rd PLACE FREEMAN 219 Points



Age	Female	Male
12	Jayne Landon	Nathan Balewski
13	Alice Knight	Lachlan Colwell
13	Scarlett Bisgrove	
14	Zoe Taylor-West	Adam Hanson
15	Bindi Ware	Aidan Hanna
16	Marleigh Dreyer	Tom Hanson
17	Holly Fittler	Jarrold Colwell
18	Mekala Knight	Noah Bosworth
AWD	Holly Fittler	Brandon Day

Students who are either 1st or 2nd in an event will qualify for the Zone Carnival at Mullumbimby on Monday 20th February. Students need to see the sports window for a note.

Nathan Williams, Sports Organiser

SWIMMING CARNIVAL COND.



FROM THE ENGLISH FACULTY

The beginning of high school is an important time for our Year 7 students as they meet new friends, teachers and become familiar with a one hour English lesson!

Our highly experienced Year 7 English teachers create an environment where each child feels a sense of belonging and is comfortable to learn with their new class mates.

Year 7R English teacher, Ms Kate Campbell said, *"On the first day of school, students were given the task of walking around room G5 until I would call, 'Freeze'. Students got to know their fellow peers by introducing themselves and would then recite to the class their new friend's information. Students had great fun and even recounted this activity in their weekly writing journals."* Our Year 7 students are engaged and ready to learn! This year they will be working with a wide range of texts including:

- Shakespeare
- Contemporary novels
- Authors from different cultures
- Drama
- Poetry
- Films
- Essays

We have discovered that our Year 7 students are very good readers! So this year the emphasis is on teaching students to interpret and comprehend the hidden meaning in texts. Often students will work in small groups to share in the enjoyment of understanding new texts.

English Faculty



ENGLISH FACULTY COND.



HOW YOU CAN HELP!

Parents and carers can help their child when revising a written text for an English assessment. There are five **STEPS** for effective revision of your child's writing and you can use the questions below:

1. **S**entences: Have I written in sentences?
 Are they complete and well structured?
 Have I used different types of sentences?
 Do the sentences begin in different ways?
2. **T**opic: Have I addressed the topic?
 Does the text stay on the topic?
 Does each paragraph have a clear topic sentence?
3. **E**ffective: Have I set the text out effectively - paragraphs, subheadings, diagrams and illustrations?
 Have I made effective word choices to express ideas clearly and/or imaginatively?
4. **P**unctuation: Have I indicated all punctuation correctly, including capital letters, full stops, question marks, commas, apostrophes, and speech marks?
5. **S**pelling: Have I checked spelling using a spell checker or dictionary?

SCHOOL & COMMUNITY NEWS

10 ALTERNATIVES



Designed to get a different response than just "NOTHING"

- 1 What was the funniest thing that happened?
- 2 What challenged you today?
- 3 What is the one thing you did that made you proud?
- 4 What is one thing you'd like to keep learning about?
- 5 What is one thing you learned from a teacher?

- 6 Did you have trouble with anything you were learning today?
- 7 What games did you play today?
- 8 Tell me three facts you heard today
- 9 Tell me two opinions you heard today
- 10 Tell me one idea you heard today



© Australian Council of State School Organisations

With thanks to teachthought.com and the National Centre for Fathering



Department of Industry
Resources & Energy

Support to Pay Electricity and Gas Bills*



Help is available to pay your energy bills.

For information on rebates and emergency assistance go to:

www.resourcesandenergy.nsw.gov.au/rebates

or phone Service NSW on 137 788

* eligibility criteria apply

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

Family Energy Rebate* – \$150 or \$15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part a or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

NSW Gas Rebate* – \$90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

Medical Energy Rebate* – \$235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson's disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

Low Income Household Rebate* – \$235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

Life Support Rebate* – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

EAPA* – Energy Accounts Payment Assistance Scheme – helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPA is not means tested and you do not need to hold any DHS or DVA concessions cards to access this scheme.

HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebates or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post your application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

If you have a DHS (Centrelink) Health Care Card you could qualify for the Low Income Household Rebate and/or NSW Gas Rebate.



Families Getting NDIS Ready

A free workshop for families to kick-start their NDIS preparation and make the most of the NDIS for their family member with disability

Hear from a parent and a participant about their NDIS journey

Find out how and why they self manage NDIS supports

Explore strategies for creative planning

Ask your questions of an NDIS representative

Learn tools for advocacy in a changing support environment



Grafton Wednesday 22 March 2017 Grafton District Services Club

Lismore Thursday 23 March 2017 Lismore Workers Club

Tweed Heads Friday 24 March 2017 South Tweed Sports Club

To register call 1800 774 764
or email info@resourcingfamilies.org.au

An initiative of

family

ADVOCACY



the family centre

COURSE PROGRAM – TERM 1, 2017
TWEED SHIRE

PARENTING COURSES

YOUNG MUMS TO BE

Wednesdays February 1–22, 10am–12:30pm

4 week course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, birthing positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: NO COST

CIRCLE OF SECURITY PARENTING SEMINAR

Strengthening the Relationship

Monday Mar 20, 12:30–2:30pm

Want to strengthen the relationship with your baby/child? This seminar is for parents of children birth–5 years. Parents will learn how to identify their children's emotional needs and respond to their behaviours.

VENUE: POSSUMS PRESCHOOL, CONDONG

COST: NO COST

CIRCLE OF SECURITY PARENTING

Fridays February 10–Mar 31, 10am–12pm

8 week course for parents of children 0–5 years. Parents will learn how to identify their children's emotional needs and respond to their behaviours in ways which result in greater resilience, fewer behaviour difficulties, better relationships, improved self-esteem and enhanced school readiness.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$40

[FIND OUT MORE](#)

123 MAGIC

Tuesdays Feb 21–Mar 7, 5:30–7:30pm

3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2–12 yrs.

VENUE: SMILEY TOTS CHILDCARE CENTRE, CHINDERAH

COST: \$15

[FIND OUT MORE](#)

SOON THEY'LL BE TEENAGERS

Thursdays March 9–March 30, 6–8pm

This 4 week course will provide you with lots of new tools and strategies as well as knowledge of your child's physical, social and emotional developmental changes. It will help you to develop awareness and strategies around your own reactions when your 'buttons are pushed' and establish clear boundaries whilst maintaining a positive connection.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$20

[FIND OUT MORE](#)

UNDERSTANDING TEENAGERS

Tuesdays Feb 21–March 28, 5:15–7:15pm

6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist in supporting them safely through adolescence. Topics include: the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points and behaviour, and talking through challenging issues.

VENUE: KINGSCLIFF BEACH BOWLS CLUB

COST: \$30

[FIND OUT MORE](#)

FAMILY CENTRE PLAYGROUPS

All playgroups 9:30–11:30am

Find connection with other parents/carers and children while learning and playing together.

Access information regarding parenting and appropriate local services.

NO COST

Monday – Banora Point
Tuesday – Cabarita
Wednesday – Tweed Heads
Thursday – Murwillumbah

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents. The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services"

PARTICIPANT – PLAYGROUP

Starting The Year Strong

To get 2017 off to a good start it is important to develop positive daily routines.

These daily routines can have a positive impact on our general health and wellbeing. Below is a list of suggestions:

1. Healthy food choices (more fresh food and less packaged)
2. Exercise (recommended 30min each day)
3. Sleep (recommended 9hrs each night for adolescence)
4. Drink Water (less sugary drinks)

It is amazing how these simple things can have a huge impact on a students learning and mental wellbeing. Just start with making one simple change!

From Learning and Support Teacher

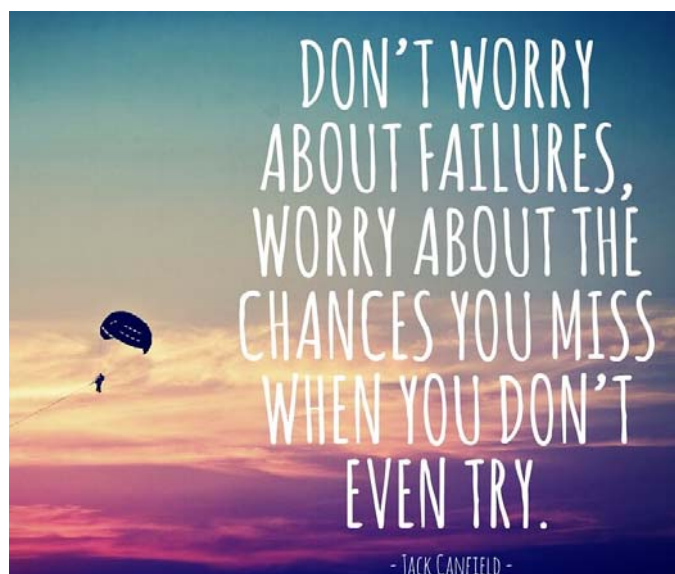


Swinburne University of Technology's free autism MOOC takes a practical approach to the study of autism. The course is designed for parents and carers of people with autism and those who work with people with autism. See the link below for further details.

<http://www.swinburne.edu.au/news/latest-news/2015/02/swinburne-offers-free-course-on-autism.php>

THOUGHT OF THE WEEK

SCHOOL & COMMUNITY NEWS



Banora Point
HIGH SCHOOL

BACK TO BASICS
Schoolwear & Sportswear

**UNIFORM STORE
OPENING HOURS**

2016-2017

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*

SCHOOL & COMMUNITY NEWS

PLAY RUGBY IN 2017

CASUARINA BEACH
RUGBY UNION CLUB

Juniors u/6 through to u/15s
Women & Girls 7's competition
u/19's & Men's Teams

SIGN ON NOW!!

**NEW PLAYERS
ALWAYS WELCOME**

For further details go to:
www.casuarinabeachrugby.com.au

**Casuarina Hockey Club Player**

**Sign – on Sunday 12/2/2017 4pm – 7pm
at Barclay Drive**

Hockey is a team sport for Girls & Boys from age 5 – 75, the Club promotes a FUN family environment with great coaching. If you are new to Hockey come along to find out about trying this fast and skilful game.

We have junior teams in U7 U9 U11 U13 U15 U17 and senior men's & women's team in

all 3 grades. For more details, you can contact the Club via email casuarinahockey@yahoo.com

or Margie 0413 622 950 See you at our Casuarina Hockey Sign on!



Special Thanks goes to Bakers Delight Tweed City for their generous donation of bread for our Breakfast programs for the Special Education and Main Stream students.





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, 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
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
<i>Chicken & avo, chicken teriyaki, tuna, honey soy chicken, tuna & avo, prawn tempura, prawn sweet chilli, salmon & avo, veggie tempura, salmon & cream cheese, salad, avo, inari, 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
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.

