



Banora Point High School would like to say thank you to the prospective students and parents of our Year 7 enrolment for 2018. An extremely pleasing number of parents and students attended our information evening. Mr Bristow, 7 – 9 Deputy, Mr Duff, Middle School Coordinator and Mrs Sheehan, Year 7 Adviser 2018, profiled our school and supported students and parents to understand and consider how Banora Point High will support students.



Our Power Up suite of events started last Tuesday where students nominated by Ter-ranora, Centaur and Banora Point Primary Schools attended our school to engaged in a series of skills based activities, team challenges and personal testing and music talent workshops. Our Power Up program continues through weeks 5 to 10.

Thank you to our P&C, staff, parent and student volunteers who manned the Bun-nings BBQ event last Sunday. This continues to be a strong fund raising initiative organised by the P&C and has resulted in the raising of \$1500. Our next P&C meeting will occur on Monday evening, 6th March, starting at 7pm in the school's conference room. All parents are welcome and encouraged to support the P&C.

Once again, Banora Point High students will be asked to participate in the Tell Them From Me survey. This survey enables the school to gather information and feedback on our progress and identify opportunities for continued growth. Your involvement and support of this survey is valued by the school. Keep an eye out for more information coming home with students.

I would like to thank our staff for their support in monitoring, updating and reporting our schools progress. We are currently working to finalise the Annual School Report which will be made available through the schools website..

Chris Randle, Relieving Principal

Thank You!



SCHOOL & COMMUNITY NEWS

The 2017 Maths Challenge

Express the numbers from 1 to 100 only using the digits 2, 0, 1 and 7 (can only use a number once), together with any mathematical symbols.

You may use the numbers by combining them eg 27, 210, etc.

Examples are: $7 = 7 \div 1$

$$14 = 7 \times 2$$

The following points will be very useful.

$\sqrt{(7-2-1)}$ means 'the square root of'; $\sqrt{4} = 2$

$$2^7 = 2 \times 2 \times 2 \times 2 \times 2 \times 2 \times 2 = 128$$

Remember the order of operations: Work brackets first; multiply and divide before adding and subtracting.

$2!$ Reads 'factorial 2', and it equals the product of all the whole numbers less than and equal to itself.

$$2! = 2 \times 1 = 2$$

Are you up for the Challenge?

**Can you find several combinations
for each number?**

For every solution you find, take your solution to your Maths teacher and they will complete an entry for you in the competition. Prizes will be drawn at the end of Term 1. If there are some difficult numbers towards the end of term that are missing, individual students will be given prizes for their creative solutions and persistence in solving problems—have fun!



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SCHOOL & COMMUNITY NEWS

Mathematics Assessment Schedule Year 7 to 10 2017

All students will complete the following assessment tasks this year:

Task Type	Weighting	Scheduled Time
Topic Tests	25%	Throughout the year
Half-Yearly Examination	25%	Term 2
Assessment Task	25%	Year 7 – Term 1 Year 8 – Term 3 Year 9 – Term 3 Year 10 – Term 4
Yearly Examination	25%	Term 4

Your classroom teacher will provide you with notifications as your tasks become due and reminders/notices will also be placed in the school newsletter, especially for your Half-Yearly and Yearly Examinations.

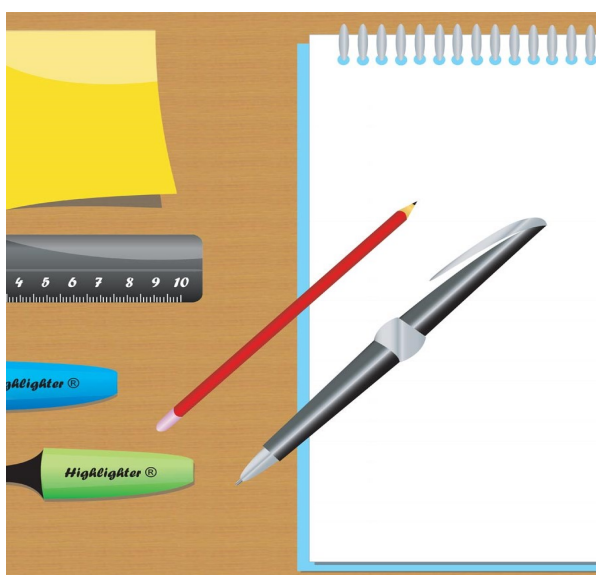
It is important that you come prepared and bring all necessary equipment to tests and examinations such as:

Calculators, geometry sets, rulers, pens, pencils, eraser and sharpener.

Only approved calculators are allowed in external examinations and students are encouraged to purchase from this list, http://www.boardofstudies.nsw.edu.au/hsc_exams/calculators.html
Our school approved calculator is the Casio fx-82AU PLUS II.

If you have any questions, please feel free to speak with your child's teacher or contact me directly.

Mrs Jennifer Smith



FROM LEARNING SUPPORT

Continuing on from last week “Starting the Year Strong” this weeks focus is on Healthy Food Choices. There is more research revealing that the food choices we make directly affect not only our health but also our mental health. If we choose to eat foods loaded with sugars and high saturated fats on a daily basis we not only increase our chances of disease long term but we often may not realize we are making our bodies and minds feel sluggish, tired and struggling to concentrate. It is well documented that increasing fresh food consumption improves energy, concentration and general wellbeing. Fresh food means choosing a variety of fruit and vegetables and choosing less packaged food. Start by making gradual changes. Choose one snack or mealtime during the day to replace with a fruit salad or vegetables sticks and gradually make changes over time. Keeping it simple can lead to successful long term changes, which will lead to increased energy, better concentration and general wellbeing. This of course will assist with all the learning and changes that occur during adolescence.



See the website below for helpful ideas and recipes:

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

<http://www.nutritionaustralia.org/national/resource/healthy-eating-pyramid>

<http://www.healthyfoodguide.com.au/>

Building positive relationships

Building and maintaining a good relationship throughout the teenage years can sometimes be challenging. During this crucial stage of development your teen needs guidance, support and someone to listen while developing they're own independence. The Raising Children website is a helpful resource during this time:

http://raisingchildren.net.au/articles/family_relationships_teenagers.html

From the Learning and Support Teacher



Non-Teaching Staff School Introduction Training Days

The Department of Education is seeking people who are interested in commencing work within public schools in your area.

The School Administrative and Support (SAS) Staff Reference Group welcome any people looking to start work in school administration to enrol in our Non-Teaching Staff School Introduction training programs.

The aim of this training is to provide participants with an overview of school administrative roles. Participation in this Introduction day is **not** a guarantee of employment with the Department of Education. Following this introduction day, it will be up to individuals to contact schools and follow up possible employment. Participants would then also need to obtain a Working with Children Check (WWCC) clearance (at their own cost) through Service NSW and apply for a Department of Education employee number through a local public school. Many schools have a policy of not employing current parents or associates within their own school.

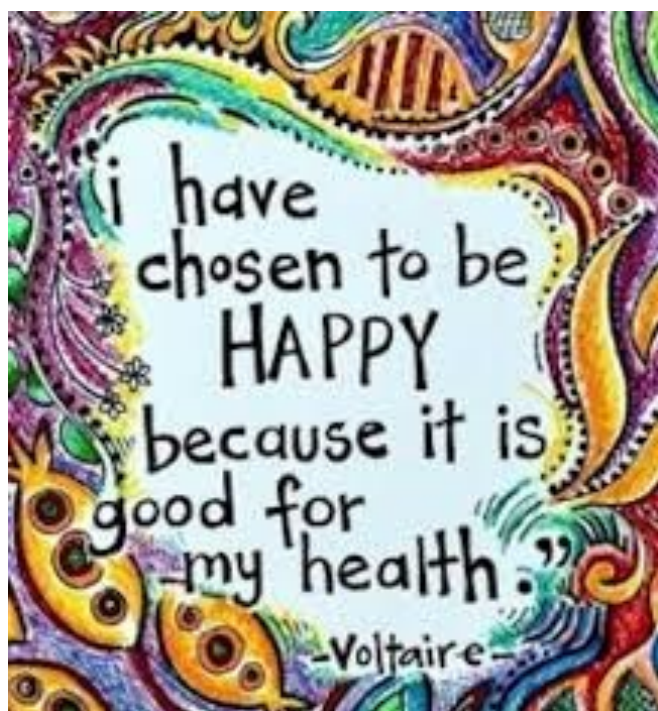
It would be desirable if participants had a sound knowledge of the Microsoft Office suite. The training days will be held in the following locations:

Lismore Turf Club – Monday 27 March 2017
South Tweed Sports Club – Tuesday 28 March 2017
Tuncurry Beach Bowling Club – Tuesday 28 March 2017
Coffs Racing Club – Wednesday 29 March 2017
The Westport Club, Port Macquarie – Thursday 30 March 2017
Kempsey Macleay RSL Club – Friday 31 March 2017

To secure a place in this course, you will need to register online by **17 March 2017** using the link below, clicking on the 'community members' tab and following the instructions. They will show you how to obtain a username and password, search for a course using the course code **NR13249** and enrolling in the venue you wish to attend. You will also need to complete the form attached to this online registration and pay a fee of \$20 by cheque or money order made out to Department of Education posted to the address on the form. Morning tea and lunch will be provided on the day. <https://education.nsw.gov.au/mypl>

Further information can be provided by contacting the SAS Staff Reference Group (SRG) Coffs Harbour on (02)66235911 or by email at SRGCoffsHarbour@det.nsw.edu.au

THOUGHT OF THE WEEK



SCHOOL & COMMUNITY NEWS



The next P&C Meeting
will be held on

Monday 6th March
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

Tweed United Football Club has vacancies in the following teams:

Boys—U12's, U13's & U16's
Girls—U12/13's & U14/15's
& Senior Women's Team

Contact Siobhan Mills

P: 0434834205 or

E: tweedsoccer@hotmail.com



SIGN ON NOW!!

Players needed for under 12 and 13's
NEW PLAYERS WELCOME
For more information visit:

<http://southtweedjrl.sportingpulse.net>



BACK TO BASICS
Schoolwear & Sportswear

UNIFORM STORE
OPENING HOURS

2016-2017

TERM 1 & 4

Tuesday 12.30pm—3.00pm

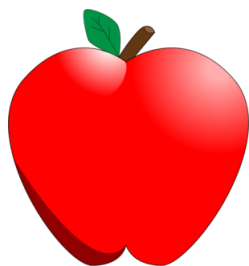
Thursday 8.00am—11.00am

TERM 2 & 3

Thursday 8.00am—11.00am

Uniform Store is located upstairs in J Block
Credit Cards and EFTPOS accepted—sorry no cheques





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, mian, 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.

