

FROM THE PRINCIPAL

Our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student well-being, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 13 March and 7 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday 17th March 2017**. Copies of the form and FAQs are available from:

http://surveys.cese.nsw.gov.au/images/TTFM_Student_Survey_FAQs_Parent_and_Carers_T12017.pdf

The State Government has released a new Healthy Schools Canteen Strategy, which will replace the current “traffic light” system that assigns green, amber and red categories depending on nutritional value. The new system identifies foods into two categories, “every day foods” and “occasional foods”. Our canteen operator, Mrs Amos, accompanied me to an information and support session conducted by NSW Ministry of Health, NSW Department of Education and Healthy Kids. We were informed that strategy will see school canteen menus composing of 75% every day foods and 25% occasional foods. This strategy aims to increase the number of health choices for our students. The timeline for implementation for this strategy is 2 years.

Thursday afternoon 2.30pm, we are having our first YARN UP for 2017 in the form of an informal BBQ for our indigenous community to meet with our staff. This is a great opportunity for parents to meet with Aunty Joan our new Aboriginal Education Officer. All families are welcome and parents from Centaur, Terranora and Banora Point primary schools will be dropping in as we.

Tonight, our staff will be remaining at school for the first of 4 Extended Staff Meetings. These meetings are designed to use the Staff Development Days identified for the 18th and 19th December more effectively during the year to affect improved teaching and learning for students. Tonight’s meeting will cover Literacy and Numeracy strategies, strategies to assist students to effectively interact with new knowledge, monitoring of our school plan, teacher identified project planning and training to use our new Sentral report writing software.

After our Extended Staff meeting, our curriculum team will be presenting the Stage 5 Curriculum Information Evening to Parents in the Library from 6pm. All year 9 and 10 parents are encouraged to attend.

Thursday 16th March, is or year 7 Super Nova 2018 testing date. Year 6 students seeking placement in the Super Nova class will be attending Banora Point High School to complete the selection testing which will occur in the Library. Information has been provided to our local primary schools. Parents enquiring for more details can contact Mr Bristow on 0755131960.

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 school's website.

Chris Randle—Principal

Volunteer Host Families Needed!

1300 884 733 wep.org.au info@wep.org.au



Invite a world of wonder into your home Share your lifestyle Make lifelong connections Enrich your family Rediscover your backyard

Frequently Asked Questions

Can I choose my student? YES! WEP's wonderful host families are all volunteers so, of course, you get to select the student that you think will fit in best with your family.

Where does the student attend school? You tell us which school would suit your family best and we work with that school to arrange enrolment. Students will attend school full-time.

What do I need to provide? First and foremost a welcoming environment, meals and a room (shared or otherwise). Students have their own spending money and insurance. In return, your family will make friendships and memories for life.

What are the hosting periods? You can choose between July 2017 - December 2017 or July 2017-June 2018.

"It has been such a rewarding opportunity that allowed us to experience an entirely different culture, and explore the wonderful diversity that the world holds. We have created an incredible bond and cultivated an unforgettable friendship." Bardwell Family.



***Tell Them From Me student survey:
Information and consent form for
parents and carers***



Dear Parents and Carers

In Term 1 2017, our school is taking part in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. The survey is completed on-line and is run by an independent research company, The Learning Bar, which specialises in school-based surveys.

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students will not be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will not be disclosed by the Department to any other person or body other than as required by law.

This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you do not want your child to take part in the survey, please complete the attached form and return it to the school by Friday 17th March 2017.

More information about the survey and the research is available in English on the CESE website: <http://surveys.cese.nsw.gov.au/information-for-parents>

Christopher Randle
Principal
Banora Point High School

Dr Jenny Donovan
Executive Director
Centre for Education Statistics and Evaluation

Tell Them From Me Student Feedback Survey non-consent form

If you do not want your child to participate in the student feedback survey, please sign this form and return it to the school by Friday 17th March 2017.

I DO NOT give consent for my child/children to participate in the Tell Them From Me student feedback survey.

Name of student 1

.....

Roll class of student 1

.....

Name of student 2

.....

Roll class of student 2

.....

Name of student 3

.....

Roll class of student 3

.....

Name of student 4

.....

Roll class of student 4

.....

Name of parent/carer

Signature of parent/carer

Date



SRC Team Building Day

Earlier this term, the Student Representative Council attended a Bonding and Planning Day to establish a collaborative and interdependent student council for 2017. Complete with team bonding activities and exercises, the students kicked the day off with a trip to Jack Evan's Boat Harbour to enjoy an hour or two of stand-up paddle boarding (or SUP'ing), kayaking and paddle boating – and not to forget a fish feeding display.

After an excellent SUP'ing session and delicious lunch in Coolangatta, the SRC Coordinators and members congregated back at the Harbour for the real discussions and purpose of the day off from school – SRC goals for this year. With a newly reinforced unified voice from students, the SRC has established 2017 focus areas. These focuses are representative of what charities, organisations and causes the students wish to help support, as a reflection of our school values.

The SRC will continue to run some of the previous year's events that have proven successful, as well as introduce some new and unique ones. Such events that will continue to run include: fundraisers for the 'Leukaemia Foundation's World's Greatest Shave', where students and teachers wishing to participate and show support for the cause can either willingly volunteer to shave their heads, spray paint hair or simply donate. For 'R U OK? Day', the SRC will again employ a 'Kind Words' system to highlight the importance of mental illness. Further, a mufti-day and assembly speech will be given on the school's celebration of Wear It Purple Day, to help raise recognition and understanding for the LGBTIQ community and our local Headspace organisation.



This year the SRC will also be contributing again to White Ribbon Day to help combat Domestic Violence in our community. If time permits, the SRC aim to participate in fundraising for many more charities as well as for our own students when they need financial support to represent at outstanding levels for sport and cultural events. This year sees us directly assisting the welfare of the students in our school, by subsidising the costs of providing food, uniforms and stationery to kids who need the most help. The SRC are representative bodies and act as a student voice for their respective year groups, and whole school values. Overall, there are many causes that the SRC wish to promote, for an integrated school identity in this year of 2017.

By Rachel Presser (Captain) and Shelby Boughton (Vice Captain)



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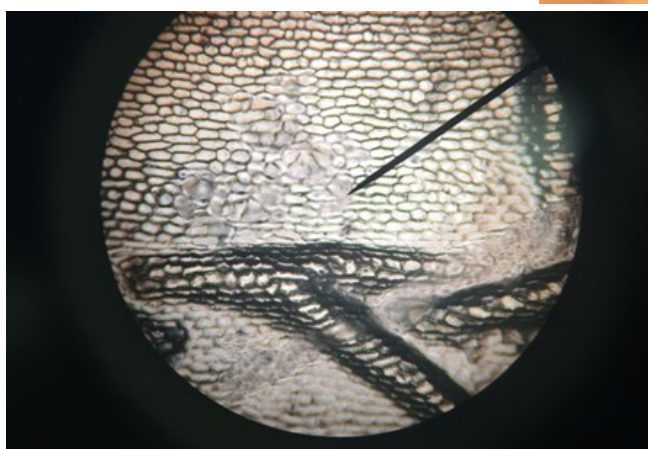
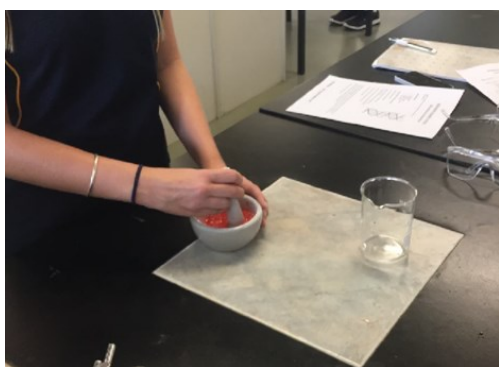


SCHOOL BUSINESS

Science Focus

The Science Faculty are trialling rotating students through different topics this year, with the same teacher specialising in teaching one topic to each of the Year 10 classes. This is to replicate, on a much smaller scale, the way students study subjects with specialist teachers in their Stage 6 courses. Topics being studied this year are Genetics, Chemistry, Physics and the Universe.

10T students are engaged in their practical genetic activities in Science this week. Mr Pentecost has had students extract DNA from strawberries and make observations of onion skin cells using microscopes, as shown in the image taken through the microscope! 10T have been studying Genetics this term.



SCHOOL BUSINESS



Students in Mr North's year 10A Science class have been studying the effects of physics this term. They were investigating Newtons Second Law - the relationship between force, mass and acceleration. Students have been using acceleration carts, string, and weights in their practical activities.

Upcoming Science events;

Year 11 Biology and Senior Science students will attend a 2 day field trip to Dorroughby Environment Centre and surrounding sites as part of their Ecology units of work on 23rd and 24th March.

Year 7 will attend an excursion to the rock pools at Hastings Point early next term.

5 tips to help get your teen ready for school in the morning!

Getting your teenager ready for school in the morning can be stressful – getting them out of bed, forgotten homework, missing busses – but it doesn't have to be. Here are 5 tips to help you and your teen get a great start to the day!



1. **Early to bed, ready to rise** In adolescence, your child's sleep and sleep patterns start to change – teenagers will often go to bed later at night and struggle to get up early in the morning. But if you have to drag your teen out of bed in every morning before school, they might not be getting enough sleep. Check out the Raising Children Network's great information about sleep for teenagers.
2. **Teens in charge** By the time they are in high school, your teen should be able to do things like making town lunches and managing their time. You can encourage your teen's growing independence by letting them take responsibility for getting ready for school themselves. Talk to your teen about how you can support them in the mornings (for example, by giving them a wake-up call) – but let them know that they are in charge of getting themselves up and ready for school.
3. **Be prepared** You can take the pressure out of the morning routine by encouraging your teen to get prepared the night before. Anything that doesn't need to be done in the morning can be done the night before – finishing homework, making lunches, packing bags, etc.
4. **Keep it simple** Encourage your teen to keep their morning routine simple on school days, and save non-essential activities and distractions for afternoons and weekends. Try to keep breakfast simple too – quick nutritious options like wholegrain cereals, fruit and yoghurt are great and can be eaten on-the-go for tardy teens!
5. **Make a plan** Some teenagers find it helpful to develop a morning schedule with key times when they need to get things done, especially if they tend to get distracted or lose track of time. Help your teen to think about what they need to do in the morning, how long each task takes, and what time they need to leave to get to school on time. Then get them to plan out their own morning routine (including wake-up time) to make that happen. Encourage them to build in some extra time in their schedule for emergencies, and stick to the plan!

Try to get a copy of your teen's school timetable and put it up where you and your teen can see it – so you can encourage them to be prepared for the particular subjects they have each day. It can also help to remind them about any homework or assignments that may be due for a particular class.

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** | **Download 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!

SCHOOL NEWS

YEAR 12 HALF-YEARLY EXAM EXAM ROOM/HALL PROCEDURES

Students need to be aware of the following information

- School uniform **MUST** be worn each day.
- Arrive to the exam room on time with the correct equipment needed for the exam Pens Pencils (sharpened) Eraser Ruler (Approved calculator and geometric instruments for Maths if necessary) Handkerchief or tissues if you need them YOU are responsible for your own personal equipment – NO BORROWING IS PERMITTED DO NOT BRING BOOKS or NOTES or FOOD or DRINKS or MOBILE PHONES or ANY ELECTRONIC DEVICES into exam room MOBILE PHONES ARE NOT PERMITTED IN THE EXAMINATION ROOM UNDER ANY CIRCUMSTANCES.
- Bags will be placed around the walls of the hall.
- Once inside the hall, students are not permitted to leave unless in the case of an emergency – then they will be accompanied by a supervisor, Organise yourselves so NO TOILET BREAKS are needed through the exam
- Quietly wait outside the hall, until the supervising teacher asks you to move into the hall, and instructs you where to sit.
- Sit quietly and wait for instructions
- REMEMBER – WHILE YOU ARE IN THE EXAM ROOM
You are under exam room conditions once you enter the hall
If you do not follow exam room behaviour, you risk having your exam paper cancelled
You are under exam room conditions until you are dismissed and have left the hall.
You must NOT eat or drink in the exam room
- Read your exam paper before you start to answer the questions, especially the instructions to students on the exam paper
- NO talking or turning around or misbehaviour in any way, once you are in the hall. If you do, you risk having your exam paper cancelled
- Complete all questions to the best of your ability
- Raise your hand if you require assistance. Wait your turn quietly.
- If finished, read through your answers and sit quietly. No student is to leave early
- Leave the hall in a quiet and orderly manner when you have been dismissed by the supervisor.

NO STUDENTS WILL BE ALLOWED TO LEAVE THE HALL UNTIL THE COMPLETION OF THE EXAMINATION TIME—NO EXCEPTIONS !



SCHOOL NEWS

YEAR 12 HALF-YEARLY EXAMS 2017

WEEK 10A – WEEK 11B, TERM 1 (THURSDAY 30TH MARCH – THURSDAY 6TH APRIL) 2017

PRO-POSED TIME	THURSDAY 30 th March	FRIDAY 31 st March	MONDAY 3 rd April	TUESDAY 4 th April	WEDNESDAY 5 th April	THURSDAY 6 th April
START TIME 8.30	ENGLISH ADVANCED STANDARD (2 HOURS)	LEGAL STUD-IES ANCIENT HISTORY (2 HOURS)	BUSINESS STUDIES CAF'S (2 HOURS) DRAMA (90 MINUTES)	CHEMISTRY SENIOR SCIENCE PD/H/PE (2 HOURS)	MATHEMATICS GENERAL 2 MATHEMATICS (2 HOURS) VISUAL ARTS (90 MINUTES)	BIOLOGY MODERN HIS- TORY PHYSICS (2 HOURS) HOSPITALITY (90 MINUTES) DANCE (1 HOUR)
				EXTENSION 1 MATHEMATICS (2 HOURS)		

- All exams will be 2 hours plus 10 minutes reading time - unless otherwise stated (Dance – 1 hour plus 10 minutes reading, Visual Arts, Drama and Hospitality – 90 minutes plus 5 minutes reading)
- All students must be in the Hall and seated 8.20am and 12.00pm
- Full school uniform must be worn during the exam period
- Students need to be at school ONLY when their exams are on
- Students are not required to attend school unless scheduled for an exam

SCHOOL NEWS

National Day of Action against Bullying and Violence



Friday 18 March 2016 celebrates the sixth National Day of Action against Bullying and Violence. On this day all students are encouraged to 'take a stand together' against bullying and violence in schools, the classroom and beyond. Find out the important role parents play in helping to stop bullying in schools.

What is bullying? Bullying can take many forms. It can be verbal, physical and involve social behaviours that cause physical as well as psychological harm. It can happen in person and online, is ongoing and it can be obvious or hidden. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

What can parents do about bullying? Parents and carers have an important role to play in helping prevent bullying and to respond effectively if it happens. Sometimes, it can be difficult to know what to do when your teen talks to you about bullying. Check out the [Bullying. No Way!](http://www.bullyingnoway.gov.au) website for lots of information for parents and students on how to deal with bullying.

Talk about it. If your teenager talks to you about being bullied, try to:

Listen calmly and get the full story – ask sensitive, open-ended questions to get more details if you need to – for example, ‘Was there anybody else around?’ ‘Where did it happen?’

Reassure your teen they are not to blame and that you are there to support them. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school.’

Ask your teenager what they want to do and what they want you to do. Try not to jump in and solve the problem – instead help your teen to find their own solution. This can help them feel they have some power in the situation.

Discuss some sensible strategies to handle the bullying with your teen – the [No Way!](#) website has lots of tips and ideas on how to deal with different bullying situations.

Contact the school. Your teenager may be reluctant for you to do this, so discuss the idea with them first and reassure them that the school would want to know and will be able to help. Make an appointment to meet with your teen’s teachers and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your teenager’s safety.

Check in regularly with your teen. It can take time to resolve issues, so try to keep the conversation going with your teenager about their experiences and their feelings.

Want more information? The [Bullying. No Way!](#) website has lots of resources about bullying for parents and students.

The [Office of the Children’s eSafety Commissioner](#) website has great information about online safety issues and resources to discuss with your teen.



SCHOOL NEWS

NSW SCHOOL VACCINATION PROGRAM 2017

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2017 the following vaccines will be offered to Year 7 students*:

dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
varicella vaccine (chickenpox) as a single dose; and
human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months

Parent Information Kits that include an Information sheet, consent form and privacy statement will be sent home to parents / guardians. To consent to the vaccination of their child, parents / guardians are advised to:

read all the information provided
complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
return the completed consent form to their child's school
ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Parents will be notified by letter from The Public Health Unit if this applies to their child.

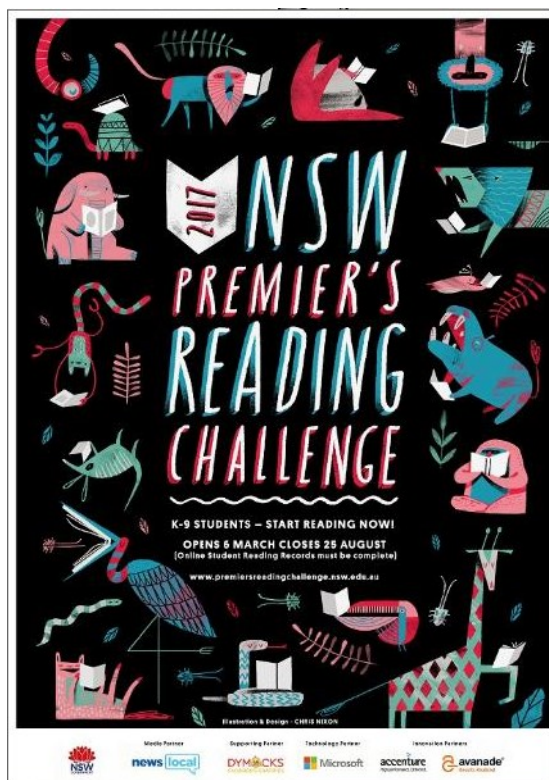
Students who have any HPV doses at their GP will be advised to complete the course with their GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at: www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

SCHOOL NEWS



In a series on the PRC booklist, you can read any two books as PRC books. You can read up to five other books from the same series as Personal Choice **2017 Premier's Reading Challenge Student Information**

The 2017 Premier's Reading Challenge opens on Monday 6th March. (Week 7) Rules for Years 7 – 9.

You must:

- read 20 books.
- read a minimum of 15 Premier's Reading Challenge books.
- read from PRC Booklists 5 – 6 and 7 -9.
- read the books on your own, but someone can help you choose them.

You can:

- read books of your personal choice, (but no more than 5.)
- In a Series on the PRC booklist, you can read any two books as PRC books. You can read up to five other books from the same series as Personal Choice books

If you complete your online Student Reading Record **by 25 August 2017** and it is validated by your school by 8 September (11:59 pm), you will be eligible for a PRC certificate in Term 4.

Register at the school library. Check the Booklist for the titles of the Premier's reading Challenge Books.

Let the Challenge begin !

SCHOOL NEWS

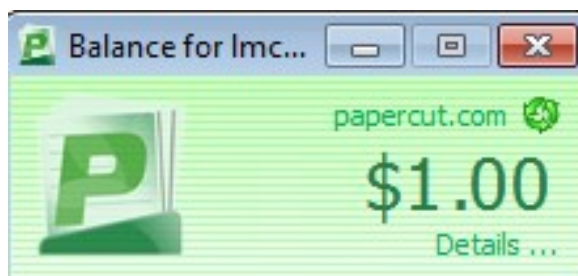
Printing at School

Now is a good time for Years 8-12 to put some money on their Papercut Printing Account. All new students were given \$1.00 on their accounts, but printing is not free.

To determine your Printing Balance Go to:
The Shortcuts icon on the desktop.
Click on Papercut, the 5th link down.

Local_Shortcuts	23/07/2014 2:09 AM	File folder	
Banora Point High Website	21/10/2013 2:02 PM	Internet Shortcut	1 KB
MGM-RollMarker	21/10/2013 2:06 PM	Internet Shortcut	1 KB
Moodle	2/09/2015 9:11 AM	Internet Shortcut	1 KB
PaperCut	3/03/2016 8:39 AM	Shortcut	2 KB

Click on 'Open' and wait for the green window.
Papercut will show your printing balance.
All new enrolments get \$1.00 added to their account.



Pages cost 5 cents each.

You can add money to your balance by paying at the front office and then bringing your receipt to the Library.

An information brochure on using technology at school is available from the Library

SCHOOL NEWS

MAKE ONLINE PAYMENTS

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website (www.banorapnt-h.schools.nsw.edu.au) by selecting \$ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

the students name, and
class and reference number OR
the students name, and
date of birth.

Please do not pay for uniforms online as the uniform shop is privately owned.

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.**

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

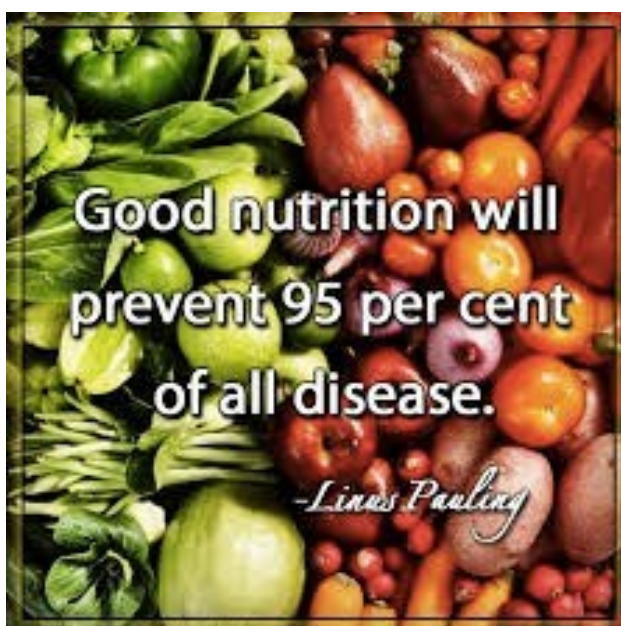
SCHOOL & COMMUNITY NEWS

NUTRITIONAL SELF CARE

Today's Choices Affect Tomorrow's Welfare

This edition's focus is on **Healthy Food Choices**. More research is 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 that 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.

*Eat to nourish every cell in
the body*



SCHOOL & COMMUNITY NEWS

Talking points for ABSTUDY

ABSTUDY

ABSTUDY helps with costs for Aboriginal or Torres Strait Islander Australians who are studying or doing an Australian Apprenticeship. You may be able to get ABSTUDY if you are:

- an Aboriginal or Torres Strait Islander Australian
- enrolled in an approved course or apprenticeship, and
- not getting any other government help to study or do an apprenticeship or traineeship.

ABSTUDY payments

Parents or guardians of students younger than 16 and living at home may be able to get ABSTUDY Schooling Allowance.

Full-time students who are 16 or older and living at home may be able to get ABSTUDY Living Allowance. The amount you get may depend on your parents' annual income.

Full-time tertiary or preparatory course students and other secondary students may be able to get ABSTUDY Living Allowance. The amount you get may depend on personal, parental or partner income.

Full-time Australian Apprenticeship, traineeship or trainee apprenticeship students may be able to get ABSTUDY Living Allowance. The amount you get may depend on personal, parental or partner income.

APPLYING FOR ABSTUDY

To claim, call the ABSTUDY line on Freecall™ **1800 132 317**. You can submit supporting documents online at [humanservices.gov.au/submit documents online](https://humanservices.gov.au/submit-documents-online)

If you can't claim over the phone, you can get a claim form at humanservices.gov.au/abstudy

How long it takes to assess your claim depends on how complex your situation is.

Get in early and submit your claim up to 13 weeks before you start your course or apprenticeship.

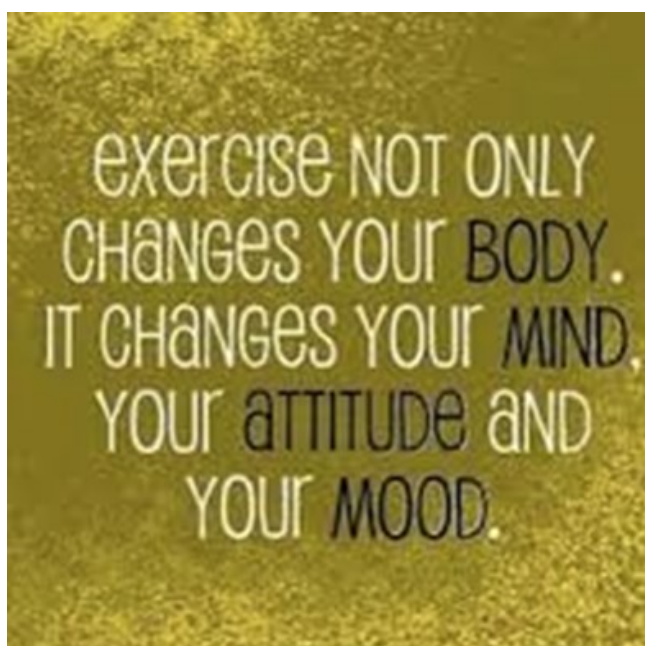
SCHOOL NEWS—Health & Wellbeing

Exercise reduces stress



The recommended daily physical activity is 30min. It is best to choose something you enjoy doing (swimming, walking, yoga, football, running, stretches, basketball etc.). Each year I have students tell me they have stopped sport or some type of physical activity to spend more time concentrating on study in the senior years of schooling. I admire the commitment, however it is crucial that students understand the importance of incorporating physical activity into daily life and the great health benefits it brings. Exercise reduces stress. During stressful times in our lives we need a healthy outlet and exercise is the key. For further reading on this click on the link provided.

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>



THOUGHT OF THE WEEK



UNIFORM SHOP


Banora Point
 HIGH SCHOOL

BACK TO BASICS
 Schoolwear & Sportwear

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

School Watch

**How your call helps**

Your call to local police could prevent break-ins, vandalism, graffiti or even arson. Ensuring your school is well cared for reflects on your local community and contributes to the value of surrounding residential properties, so it is worth it.

What to Look for

The most important times for you to be vigilant are during school holidays as schools are unattended and therefore more vulnerable than usual to crime.

Keep in mind that schools are generally large physical areas with multiple “blind spots”. If you hear any unusual noises from within the school such as glass breaking or banging noises, this may mean people are up to no good.

Look for unusual vehicles parked at the school on weekends or during holidays. Watch for groups “hanging around” on school grounds. This should not occur and can be one of the starting points for crime to occur.

COMMUNITY NEWS



Sat 20th May 10am-3pm
Knox Park Murwillumbah

Community Corroboree
join dance groups across the Bundjalung Nation in
a celebration of Kinship connections

*Connect, Share and Participate in the Wisdom and
Practice of Healthy Families, Strong Values and
Vibrant Community Culture*

For more information: Jarulah or Lara
Ph: 02 6672 3003 M: 0431 951 162
kinship@mccentre.org.au

FREE
Childrens Nature Crafts
& Activities All Day

FREE Bush
Tucker Lunch!

Chai Tent
Indigenous Market
Stalls



Participate in creating
a giant sand, earth and
ochre art sculpture



National Families Week



Murwillumbah
Community Centre

COMMUNITY NEWS



CRICKET NSW FEMALE

Nominations are being sought for Cricket NSW Female Academy Programs for the 2017 season

The Academy provides players with a pathway for progression from junior cricket through to representing NSW and Australia. Regional Academies work with talented cricketers under the age of U18 in programs that cover all aspects of their cricket development, including technical, tactical, physical, mental and lifestyle.



To nominate for the North Coastal Female Cricket Academy
Please complete the online form via the below link:

2017 CNSW Academy Nomination Form

Nominations must be complete before: 21st March 2017

Your local trial will be held at:

Macleay Indoor Sports & Development Centre - Kempsey

11am-2pm 2nd April

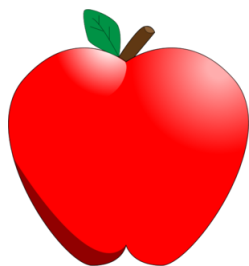
and/or

Kingsford Smith Park - Ballina

11am-2pm 9th April

For more information about the North Coastal Academy, please contact:

Grace McDonald mob: 0403755961 email: gracemcd.music@gmail.com



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

Chicken & avo, chicken teriyaki, tuna, honey soy chicken, tuna & avo, prawn tempura, prawn sweet chili, salmon & avo, veggie tempura, salmon & cream cheese, salad, avo, inani, 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.

