

CROSS COUNTRY 2017

On Wednesday the 3rd of May our students participated in the annual Cross Country run around our set 3.2km course. This year we were treated with a beautiful morning and the students were in great spirits to try and conquer the course in their fastest time possible.

Our girls started the event with Emily Alman and Madison Alman leading the pack with their usual blistering pace. Emily maintained the lead throughout the entire course and was the first female home in a time of 13.57 minutes.

Our boys were led by Ashley Brown who has made a return to running after injury hampered his previous years. Ashley made a fantastic return with a unbelievable time of 12.02 minutes. Whilst we are highlighting the lead runners let's not take away from the effort from all the students with a huge number of students completing the course in under 18 minutes. This shows that the vast majority of students are putting in a great effort and this should be congratulated.

Well done to O'Neil House (purple) who for the first time have won the carnival with a solid score of 125 points. Last year O'Neil placed a close second however this year they have beaten the other houses with a dominate display. O'Neil will be going for the trifecta at the athletics carnival in Week 6.

The next event is now the Zone carnival which will be held at Byron Bay High School on Friday the 19th May. The top 4 runners are eligible to compete. Please see Mr Williams for a note. Please see below for the full results.

Regards
Mr Williams
PDHPE Teacher



Cross Country 2017 (cont'd)

12's	13's	14's	15's	16's	17's	18's
Jaylen Taewa	Will Saunders	Kobe Lee leong	Jack Boss	Ashley Brown	Ji Brown	Nathan Glen
Nathan Balewski	Lachlan Colwell	Malachi Dumas	Jack Lee	Tyson Keys	Cameron Pildean	Min Thu
Daniel Gulliver	Harry Hall	Nick Watson	Jeremy Simpson	Drew Caines	Brandon Stockwell	Noah Bosworth
Jury Taewa	Levi Smith	Fletcher Morgan	Kye Whitley	Dillon Storer	Issaz Zheng	
Girls						
12's	13's	14's	15's	16's	17's	18's
Tahlia Rossitano	Danielle Herangi	Sarah Newman	Elizabeth Sykes	Emily Alman	Kristen Trono	Mekala Knight
Imogen Scott	Francisa Carolyn	Kyla Rumbelow	Carla Sykes	Madison Alman	Sasha Salt	Chelsea Mckenzie
Jayne Landon	Angela Gray	Zoe Taylor West	Bindi Ware	Morgan Patane	Holly Mayes	Hayley Kulmer
Jazmine Graham	Kishana Hartmare	Joanne Ashburn	Morgan Johnson	Marleigh Dreyer	Kyeisha Tinckne	Brooklyn Crawford
AWD		House Points				
Girls	Boys		O'Neil	Bradman	Thorpe	Freeman
Lauren Grimwood	Harley Edwads	Total	125	90	71	83
Holly Fittler	Jason Fletcher					



Cross Country 2017 (cont'd)



From the Principal

OUR ASTHMA POLICY

One of our current well-being focus areas is on preventable illness. Many students and staff suffer from asthma and the propellants in aerosols are known to be triggers. A trigger is something that sets off or starts asthma symptoms. Everyone's asthma is different, and everyone has different triggers. The aerosol fumes may also cause skin reactions, allergies and heart problems. The chemicals and strong smells in the mist, when inhaled, are what can trigger asthma symptoms and a possible attack. Because of the amount of time the spray stays in the air and the distance it can travel, even spraying some distance from the person with asthma can still lead to problems. Asthma Australia encourages schools, gyms, sporting clubs to adopt a no-aerosol policy, keep in mind that around 1 in 10 people have asthma. Our policy is that aerosols are not to be brought to school. Please speak to your children about this and explain to them why they shouldn't be bringing aerosols. We will be reinforcing this on assemblies.

MEASLES ALERT

NSW Health has notified the public of a recent outbreak of measles in the Sydney area. NSW Health is urging people to take advantage of the free measles vaccine, available at GPs, and to look out for measles symptoms. Symptoms to watch for include: Fever, Sore eyes, Cough, Following fever, sore eyes and cough - a red, blotchy rash typically spreading from the neck to the rest of the body that follows three to four days later.

Measles is mostly spread by coughing and sneezing. Students and staff who have been in close proximity to individuals with measles should be monitored, and consult with a doctor if they are showing signs of any of the symptoms mentioned above. Individuals who have measles should not attend school. Please contact and advise the school.

NAPLAN

NAPLAN testing occurs Tuesday (Language Conventions and Writing), Wednesday (Reading) and Thursday (Numeracy) this week. Friday is reserved for a backup day to support those students who have missed a task.. From 2017 students who achieve a Band 8 or above in Year 9 NAPLAN reading, writing and numeracy tests from 2017 will prequalify for the minimum standard and will not need to sit the online literacy and numeracy tests to be eligible for an HSC.

YEAR 10 SUBJECT SELECTION EVENING

Students have completed their Career Match activity with Southern Cross University last Friday. Monday 22nd May will be our Year 10 Subject Selection Evening where students will receive a lot of advice so that they can make informed decisions around their first preferences for subjects for 2018. We encourage parents to attend to be able to have informed discussions with their children when making these important decisions. We recognise that it is a complex process and wish to provide useful information and advice along with sufficient time for the process. I would also like to reinforce that due to the large number of potential combinations of subjects that many students will be in a situation where some of their initial choices and combinations cannot be accommodated and other subject choices will need to be considered. Unfortunately the process does come with some disappointments.

Chris Randle
Relieving Principal

Three questions every parent should ask at parent–teacher interviews



Parent–teacher interviews provide an opportunity to discuss your teen’s school performance.

Here are three questions you might like to ask:

1. What are my teen’s strengths and what goals should we be aiming for?
2. How is my child progressing compared to the rest of the class or year cohort?
3. What areas does my teen require help in and is there anything I can do to assist them?

An advertisement for the Learning Potential app and resources. It features the Australian Government logo at the top left. Below it is the 'Learning potential' logo, which consists of a stylized brain icon and the text 'Learning potential'. A paragraph of text explains that the app helps parents be more involved in their child's learning. Below this is another paragraph about the 'Learning Potential Resources' website. At the bottom left, there are two buttons: 'Get it on GOOGLE PLAY' and 'Available on the App Store'. On the right side, there is a smartphone displaying the app's interface, which includes the 'learning potential' logo and the text 'An app to help you unlock your child's learning potential'.

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!

Parent / Teacher Night

Term 2 is a busy time of study for BPHS students with exams for Years 7-11 fast approaching. Year 11 exams begin in week 4, Year 7 and 8 in week 5 and Year 10 in week 6.

All students, particularly our Year 11 students, should have started a program of revision in preparation for their exams. It is important for students to discuss with their teachers the content that will be covered in the exam, the exam structure and strategies to revise for and complete the exam. Good luck to all students.

Another important event coming up soon is the Year 11 and 12 parent/teacher night. This is being held in the school library from 3.00 to 6.00pm on Monday the 15th of May. The online booking system is now open to book a timeslot to discuss your student's progress with each of their teachers. To book online follow the instructions in 'the easiest way to book school interviews' information located in this newsletter.

The discussions that take place at parent/teacher night are important in terms of assisting students, parents/carers and teachers plan for student success in maximising their achievement of course outcomes for the remainder of the year.

For Year 12 students and their parents or carers, a HSC preparation evening will be held immediately following the parent/teacher night. This begins at 6.00pm on Monday 15th of May in the school library. During the evening information relating to study skills as well as revision strategies and well-being strategies will be provided. I look forward to seeing all HSC students and their parents/carers at this highly beneficial event.

Lachlan Klose

Relieving Deputy Principal Years 10-12





THE EASY WAY TO BOOK SCHOOL INTERVIEWS

Dear Parents

Parent/Teacher/Student interviews for **Year 11 and 12** will be held at the school from **3pm to 6pm on Monday 15th May 2017**. Bookings must be finalised before the 2.00pm, when bookings for this event will close.

For parents that do not have internet access, computer kiosks will be available at Reception from Friday onwards, for parents to make their own bookings. Parents may send a note to school with the approximate times they require, or phone the school on 0755131960. Students with written permission from parents may also have access to the kiosk. Interviews are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Now you can book school interviews for the times that suit *your family*.
Go to www.schoolinterviews.com.au and follow these simple instructions.

Go

Simply enter the code and press "Go"
THIS CODE CHANGES – DO NOT USE YOUR LAST EVENT'S CODE



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately –
Check your junk mail folder AND make sure you have spelled your email address correctly

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until the bookings close on 16th May 2016.

You may change your bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 0755131960

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school's name and suburb.

Futsal

Friday the 5th of May our U15 Boys Futsal team travelled to Byron Bay to participate in the Australian Futsal titles. Our first game was against Miami State High School. Whilst we lost this game 3-2 our team showed a fantastic effort and almost pinched the game against what was a much more experienced side. This saw our second game against Robina State High School. With Robina starting the game well Banora clawed their way back into the game and with only 30 seconds left we conceded an own goal to allow Robina the win 3-2.

Our third game was against Casino High School. Casino went to a quick lead of 3-0 however the boys rallied and we came back with a fantastic last 10 minutes. Goals to Ryan Taylor and Dylan McGlynn got us back to 3-2 and with the upright being hit we should of levelled the game. The final result was a loss 3-2 (again).

This is our first time entering the Australian Futsal titles and the boys did well representing the school in what were 3 very close matches.

Regards
Mr Williams
PDHPE Teacher



Year 9 & 10 History – *Eleanor's Story*

On Friday 24th March all students from Years 9 and 10, and Year 12 Drama and Modern History, were able to watch the play *Eleanor's Story*.

This internationally praised play is the adaptation of the autobiography of the same name, and tells the true story of Eleanor Garner, a young American caught up in Berlin during World War Two. Students heard of Eleanor's struggle to maintain her identity as an American, along with the difficulties in living in wartime Berlin and the terrors of the Soviet Occupation at the end of the war. The play is made all the more impactful by the fact that the actress, Ingrid Garner, is the granddaughter of Eleanor.

Students were entertained, intrigued, and educated by the play. Ingrid remained at the end of the play and answered a number of questions from students about her grandmother's life and Ingrid's own experiences performing the play. Throughout the play students were well behaved and attentive. Banora Point High School was able to wholly fund the cost of having Ingrid Garner perform at the school, providing our students with a valuable learning and cultural experience.

Regards
Mr Galle
HSIE Teacher



Ingrid and her grandmother Eleanor



RECOGNITION OF ACHIEVEMENT

Synchronised Swimming

Gold Medals are in the air for Banora Point High School Senior Rachel Presser. This year alone, Rachel has competed in the Queensland State Titles and more recently the Australian National Championships for Synchronised Swimming. Rachel's recent successes include:

Qld State Titles: Duet 1st Team 1st

National Titles: Figures equal 2nd (very rare) out of 34 athletes. Duet 1st Team 1st

Rachel is now off to compete at the both the Spanish Open in May and also the FINA World Aquatic Championships in Budapest, Hungary in July with the Senior National Team!

This is by no means a small feat. To be considered for this team, Rachel had to swim two full routines for the judging panel to secure a position on the 12 member team. Rachel is hoping to be considered for the team's "flyer" position. Flyers must be agile and flexible, with a preferable gymnastics background if they are jumping off the lift.

All of this while completing year 12 this year, Rachel is definitely a very busy young woman. All the staff and students at Banora Point High School wish Rachel the very best and look forward to watching her succeed.



RECOGNITION OF ACHIEVEMENT

CONGRATULATIONS!

Congratulations are in order to our own Science Teacher Mark Mackenzie.

Not only did he win a fist full of medals at the recent Dragon Boat Australian Title Championships held at Albury Wodonga for both his home team, Tweed Dragons and the Queensland State Team but he was selected for the Australian team, "The Auroras".

Mark will be heading for China later this year to challenge the worlds' best.

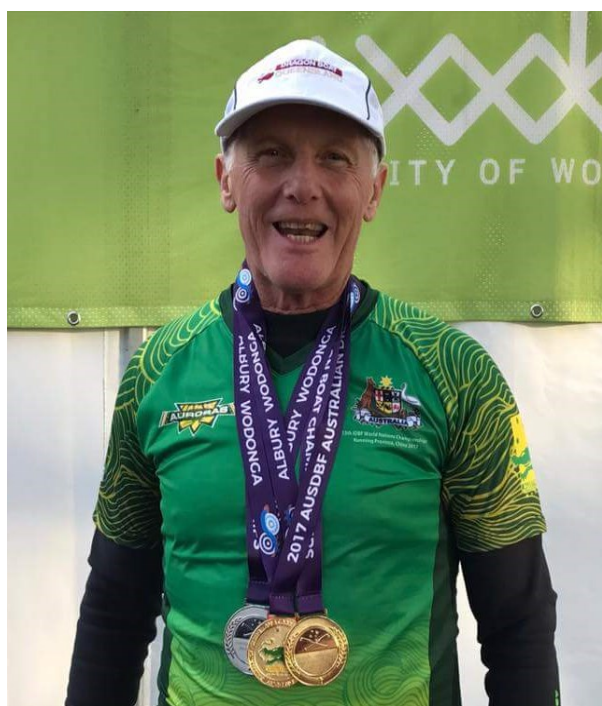
Medals won at Albury Wodonga are;

Gold State v State, Senior C Mixed, 500m, Standard Boat (20)

Gold State v State, Senior C Open, 500m, Small Boat (10)

Silver State v State, Senior C 100m, Relay

Bronze Tweed Dragons, Senior C Open, 500m (10)



Mark Mackenzie (Macca) sporting his Australian Title Medals and his new Aurora team shirt.



The Queensland State Dragon Boat Team all from Tweed Dragons and including BPHS student Josh Carpenter and BPHS teacher Mac-

Get ready for the NDIS

The National Disability Insurance Scheme (NDIS) is coming soon! Are you ready?

Do you want to learn more about the NDIS? Are you keen to understand how you or someone in your care might best prepare for this change?

Northcott is a leading not-for-profit disability services provider that supports children and adults with disability to be the best they can be. Our three-part NDIS readiness workshop series is a must for anyone looking to learn more, prepare for and get the most out of the NDIS.

At our workshops you will:

- Learn the basics of the NDIS
- Learn how it differs from current funding models
- Increase your understanding of the NDIS and what it means for you or someone in your care
- Learn what you can do to prepare for the roll-out and an NDIA planning session
- See examples of NDIS plans and learn how goals translate into NDIS supports



NDIS readiness program

Session 1: Introduction to the NDIS**Date:** Wednesday 1 March 2017

Session 2: Understanding the NDIS and how it affects you**Date:** Wednesday 10 May 2017

Session 3: Interactive and practical workshop using the Readiness Tool**Date:** Wednesday 31 May 2017

Time: 5.30pm – 6.30pm for all workshops

Location: Banora Point Community centre 25 Woodlands Dr, Banora Point

RSVP: 0437 457 952 or email catherine.oneill@northcott.com.au

1800 818 286

northcott@northcott.com.au

northcott.com.au



Proud to be the only not-for-profit on the 2015 BRW Most Innovative Companies list

Northcott
Let's see what you can do



The Kinship Festival Sand, Soil and Ochre Art Instillation

You are invited to contribute to a sand, soil and ochre art installation to be created in Murwillumbah as part of The Kinship Festival - National Families 2017. Each child is invited to create from air drying clay a pinch pot or hand. These

will all feature as part of the large scale art installation made from local soils and sands to be created by the community in Knox Park on Saturday 20th May 2017. Everyone is invited to attend the public event and participate in the creation of the project.

Installation art is an artistic genre of three dimensional works that often are site specific and designed to transform the perception of a space.

PINCH POT VESSEL or CLAY HAND

The pinch pots are representations of a strong vessel, such as a strong person, a strong family and a strong community that can hold and support each other. On the day each vessel will be filled with colored soils.

Each participant should be provided a piece of clay the size of their palm.

Completed vessels or hands can be optionally decorated with patterns or written messages using wooden clay tools, sticks etc.. Place your name on the back of the work. Kinship Committee can arrange pickup of completed clay works.



Any questions please contact: Jarulah Slabb or Lara Bennett : kinship@mccentre.org.au



PO Box 722, Murwillumbah, NSW 2484

P: 02 6672 3003 F: 02 6672 6280

M: 0431 951 162

FREE Event for Families – ALL WELCOME

The Kinship Festival

Saturday 20th May 10am-3pm

Knox Park Murwillumbah

LIVE MUSIC: OKA, The Mangrove Jack Band, Mereki



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**

The Kinship Festival is a drug and alcohol free event

For more information: Jarulah or Lara Ph: 02 6672 3003 M: 0431 951 162

kinship@mccentre.org.au



YWCA NSW
Supporting people at every step

Murwillumbah Communities for Children

77059

FREE
Childrens Nature Crafts
& Activities All Day

FREE Bush
Tucker Lunch!

Chai Tent
Indigenous Market
Stalls



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

The Kinship Festival Market Stallholder Registration

Kinship Festival - Families Week 2017

10am-3pm Saturday 20th May 2017 Knox Park Murwillumbah



The Kinship Festival would like to offer free market stall sites to Aboriginal businesses/artists/crafts people.

We would like to promote the talents and creativity of our people and showcase vibrant culture of our region!

Business Name	
Contact Name/s	
Address	
Telephone	Landline: Mobile:
Email	

Please provide a brief description of the business and/products your stall will be selling/promoting:

.....

.....



Care for Country



One of the key values of the festival is to create a connection to jugun (country/land) and to respect and care for the environment. We ask that service providers and stallholders use natural and recyclable materials where possible and keep the festival balloon and plastic free to protect our coast and marine animals

- 🚫 Stall spaces are unpowered and measure approx. 3 x 3 metres
- 🚫 Stall holders must be on site and set up no later than 9:30am
- 🚫 Stallholders will need to provide their own tables, chairs, marquees

STALLHOLDER REGISTRATIONS MUST BE RECEIVED BY 1ST MAY 2017

Please return forms to Mark Cora: mark@artsnorthernrivers.com.au

Arts Northern Rivers: 2/5 Bruxner Hwy, Alstonville NSW 2477 t (02) 6628 8120 | f (02) 6628 8121

or Lara Bennett: lara@mccentre.org.au M: 0431951162 PH: 6672



SCHOOL & COMMUNITY NEWS



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:

Helping learner drivers
become safe drivers



UNIFORM SHOP



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

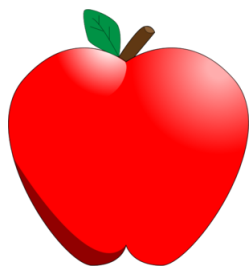
*Uniform Store is located upstairs in J Block
Credit Cards and EFTPOS accepted—sorry no cheques*



THOUGHT OF THE WEEK



Positive Mind.
Positive Vibes.
Positive Life.



Canteen Menu 2017

Sandwiches

Vegemite	\$2.00
Cheese	\$2.50
Egg plain or curried	\$3.50
Tuna	\$3.50
Lean Ham/Chicken Breast	\$3.50
Salad	\$3.50
Salmon	\$4.00

Salad = lettuce, tomato, beetroot, carrot, cucumber

Extras

Salad	\$1.00
Avocado	\$1.00
Egg	50c

Fresh Wraps

Salad with mayo	\$3.50
Chicken & salad w/mayo	\$4.50
Ham & salad w/mayo	\$4.50
Tuna & salad w/mayo	\$4.50

Special Wraps - lettuce, tomato, cheese

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

Daily Specials

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

Burgers - lettuce, cheese, tomato & beetroot w/ your choice of tomato BBQ, sweet chilli, aioli 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
<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, onion, 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.

