

FROM THE PDHPE FACULTY

WHAT'S HAPPENING IN PDHPE

Things have been heating up throughout the term in the PDHPE department and the staff and students have studied their playbooks and delivering both on and off the field.

Mr Smith and Ms McNeven along with Milo Donnelly from the NRL hosted our inaugural girls league tag day. The day saw around 40 of our girls learn new skills and brush up on some old ones too and was a massive success. Mr Williams, Miss Dooley and a representative from RLSSSA, guided a large group of senior students through their first aid and CPR course with every student gaining life saving skills and their nationally recognised qualification. Miss Whitelum has joined us from Griffith University to complete her final practicum and she has settled in well, delivering quality lessons and starring in the staff vs Yr 12 volleyball match. Mr McCallie and Mr Plater are eagerly awaiting their turn to shine this week in the staff vs Year 12 Netball match. With skills like theirs we are expecting a landslide victory to the staff.

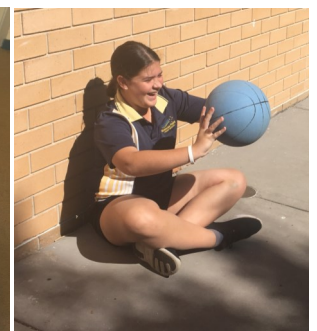
Year 7 have been honing their evasion skills in Oz Tag and their spatial awareness in Basketball. In the theory lessons they have studied the negative effects bullying, harassment and vilification in all its forms and investigated the positive impact each person can have if they stand up for someone who is in need of help.

Year 8 have been working well throughout their safe or sorry unit and will complete basic first aid in class time. They have been measuring their current levels of fitness and looking for ways to improve it as well as setting, digging and spiking in their volleyball unit.

The Year 9 'Lean On Me Theory' unit focussed on resilience and support for each other and this group were outstanding when it came to their mood disorders awareness assessment tasks. The creative responses that our students collaboratively produced showed the true calibre the students in this year group. Year 9 also participated in netball, Australian Rules football and volleyball this term and their skill level and game sense has improved markedly.

Year 10 studied the effects of nutrition on performance and created or reviewed health apps in order to improve their health literacy. In practical lessons they have been eagerly participating in basketball, soft-crosse and ultimate Frisbee building their repertoire of skills throughout the term.

Our senior students have continued their hard work in CAFS, PDHPE, SLR and Sports Coaching as they progress towards their final exams. We wish both Year 11 and 12 all the best in their final exams for the year.



FROM THE PDHPE FACULTY Con't

ISSUES COVERED IN THE PDPHPE SYLLABUS

Personal Development, Health and Physical Education (PDHPE) is one of the key learning areas for students in Year 7 to 10. Our school's PDHPE program aims to provide opportunities for students to learn about, and practise ways of, adopting and maintaining a healthy, productive and active life. It also involves students learning through movement experiences that are both challenging and enjoyable, and improving their capacity to move with skill and confidence in a variety of contexts. It promotes the value of physical activity in their lives.



Our school's PDHPE program provides the opportunity for students to explore issues that are likely to impact on the health and wellbeing of themselves and others, now and in the future. These issues include physical activity, mental health, drug use, road safety, sexuality and sexual health, nutrition, respectful relationships, personal safety, diversity, gender roles and discrimination.

Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

An overview of some of the content of the PDHPE program that may be considered sensitive is provided below.

Stage 4 (Year 7 and 8)	Stage 5 (Year 9 and 10)
Relationships <ul style="list-style-type: none"> • Adolescence and change • Managing changes during puberty • Recognising abuse • Bullying and harassment 	Relationships <ul style="list-style-type: none"> • Valuing difference and diversity • Recognising and responding to abusive situations including family violence and date violence
Drug Use <ul style="list-style-type: none"> • Effect of drugs on health and wellbeing • Legal and economic consequences of drug use • Effect of other people's drug use 	Drug Use <ul style="list-style-type: none"> • Effect on relationships • Influence of cannabis use and other illicit drugs
Sexual Health <ul style="list-style-type: none"> • Understanding sexual feelings • Gender expectations • Rights and responsibilities in sexual relationships • Sexually transmitted infections and blood borne viruses 	Sexual Health <ul style="list-style-type: none"> • Identifying and evaluating safe sexual health practices, including methods of contraception • Sexual choices and their consequences • Planning and managing sexual and reproductive health

Mr Joshua Edwards
Head Teacher

RECOGNITION OF ACHIEVEMENT

DEBATING – ROUNDS 2 AND 3 OF THE PREMIER'S DEBATING CHALLENGE FOR YEARS 7 AND 8

The venue was a Video Conference Room as the debating teams engaged in their first Video Conference debates against Woodenbong Central School on August 14th 2017. It was a new experience for most of us.

Our first debate was on the topic that the voting age should be lowered for state and federal elections. We lost the toss but won the debate as the negative team. The adjudicator said we won due to our content and structure. He also gave us hints as to how to improve next time.

The second debate was on the topic that all important sporting events should be on free to air tv. Once again we lost the toss but we also lost the debate as the negative team. The adjudicator praised the manner of our speakers and said their voices were clear and expressive.

Well done to all 7 students for their commitment and participation throughout this year.

That's it for debating for 2017 but the Public Speaking Competition will be coming up in the next couple of months so listen out at roll call if you're willing to participate in that!



Maxim Chipizubov, Ella Beck, Frances Carolan, Emma Sheaff



Summah Glen, Alice Knight, Imogene Pain, Emma Sheaff

Needing Assignment Help?

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

Tuesday	7.50am – 8.30am
Wednesday	Sport time 1.00pm – 2.30pm
Thursday	2.30pm-3.00pm
Friday	Lunch

Learning and Support Teacher



FROM THE PRINCIPAL

A MILESTONE FOR YEAR 12

As this is the last newsletter for term 3, I would like to wish our Year 12 students who will be undertaking the Higher School Certificate examinations in October, all the very best in their endeavour.

Student's personal examination timetable is available from *Students Online*. The personal timetable lists student's written examinations and states where they will sit for their examinations.

The Year 12 Graduation Ceremony will be held Friday 22nd September 2017 in our hall, starting at 9am. Family and friends of Year 12 are invited to share in this important occasion.

Year 12 students can see their final assessment ranks (their final position in each school course) in their Students Online account after the final HSC examination, Tuesday 7th November. If a student feels that their placement in any course is not correct, they should apply to the school for a review. The appeal period closes on Friday 17th November 2017.



TELL THEM FROM ME

We need your feedback!

Our school has started the Tell Them From Me student, parent and teacher surveys for semester 2 2017. So far, only 7 parents have completed the Partners In Learning survey.

Please go to <https://nsw.tellthemfromme.com/3k6db> to complete a short survey to provide us with valuable information which will assist us in our school planning processes



FROM THE PRINCIPAL CON'T

NEW SHORTS FOR GIRLS – COMING SOON

Banora Point High School has always offered girls a shorts option for school uniform, however the reality of the school shorts fell short of the mark. A uniform working team have been engaged with students, parents and the school executive to find a more suitable short and I can now say our new shorts for girls will be on sale through the school uniform shop from week 3 in Term 4 2017. The shorts will sell for \$25.



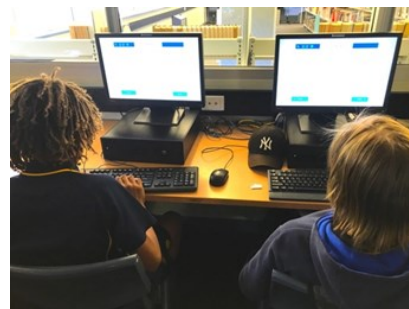
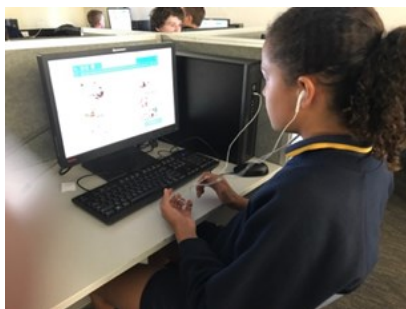
NAPLAN ONLINE READINESS TESTING

The NSW school readiness test program is currently underway as part of the state wide preparation to move to NAPLAN Online. Banora Point High students participated in the readiness activity last week.

The National Assessment Program Literacy and Numeracy (NAPLAN) tests will be changing from paper-based tests to online assessments by 2019. This will bring new benefits and opportunities for students and teachers, including:

- Better assessment and more precise results
- Faster turnaround of information
- Tests that better meet the needs of all students
- More useful information for teachers, parents, schools and school systems

For more information, go to <https://youtu.be/hw53W3KV3KE>



LEARNING MANAGEMENT AND BUSINESS REFORM—LMBR

We have now migrated to the new LMBR systems. I would like to thank you for your patience during this process. POP services are once again available via the link on our website and the administration staff have resumed taking payments. Your continued patience with supporting our administration staff is appreciated as they master the new processes.

Mr Christopher Randle
Principal

SCHOOL & COMMUNITY NEWS

CYBERBULLYING

Emails, mobile phones, the internet and social media – online technology is a part of every teenager's life. Unfortunately around 20 percent of young Australians aged between 8 to 17 report experiencing cyberbullying†. Here are some tips on the signs to look out for and what you can do if you think your teen is being cyberbullied.



What is cyberbullying?

Cyberbullying is the use of technology to bully an individual or group with the intent to cause harm – social, psychological or, in extreme cases, physical.

Cyberbullying can be abusive texts or emails, hurtful messages, images or videos. Other forms of cyberbullying include excluding others online, imitating others online or nasty online gossip.

What to look out for

If your teen is experiencing cyberbullying, you may notice they don't want to go online or use their mobile. They may get upset when they get a text or an email. You may notice changes in their school work and friends. They may also be withdrawn or appear lonely, sad or angry or not sleep well. They may try to avoid going to places like school.

What you can do

If you think your teen is being cyberbullied, try not to overreact—reassure them that you won't block their access to the internet. There are some really useful resources for parents on the [eSafety website](#), and here's a few more things you can do:

- Help them stay connected to supportive family and friends both online and offline.
- Advise them not to reply to any messages from a bully. Often if bullies don't receive a response they will give up.
- Help them to collect evidence of the cyberbullying material.
- Report the cyberbullying material to the website administrator or social media service. If the site or app does not remove the content within 48 hours, report it to the [Office of the Children's eSafety Commissioner](#)—they will work with the service to get the content removed.
- Encourage them to 'block' the bully.
- Talk to your teenager's school if another student is involved. If your teenager doesn't feel comfortable talking to you or someone they know, encourage them to contact [Kids Helpline](#), for free and confidential online and phone counselling 24 hours a day, seven days a week.

†Katz, I., Keeley, M., Spears, B., Taddeo, C., Swirski, T., & Bates, S (2014). *Research on youth exposure to, and management of, cyberbullying incidents in Australia: Synthesis report (SPRC Report 16/2014)*. Sydney: Social Policy Research Centre, UNSW Australia.

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!

THOUGHT OF THE WEEK

Habits of happy people:

EXTRAMADNESS.COM

1. Ignore nonsense
2. Talk less
3. Learn new skills
4. Help less fortunate
5. Laugh
6. Wake up early
7. No entitlement

SCHOOL & COMMUNITY



BACK TO BASICS

Schoolwear & Sportswear

UNIFORM STORE OPENING HOURS

2017-2018

TERM 1 & 4

Monday 1.45pm - 3.00pm

Tuesday 1.45pm - 3.00pm

Thursday 8.00am - 11.00am

TERM 2 & 3

Thursday 8.00am - 11.00am

Uniform Store is located upstairs in J Block



SCHOOL & COMMUNITY NEWS

SCHOOL WATCH FOR SCHOOL NEWSLETTER



MOBILE PHONE SAFETY

Mobile Phones are easily available for children to keep in touch with parents, family, and Friends. Mobile phones are available for taking pictures, playing games, MMS.

But using Mobile phones can attract high bills, Scams, Cyber Bulling, Sexting, plus access to porn. With all these features available the mobile phone can be an asset, but be warned they can cause problems.

Mums and Dads must impress on their children that a phone should never be lent to a friend. Stay involved with your child with new technology, help your child with new technology.

Teach your child to never open disturbing material, they should never respond, and if it is voice mail
HANG UP.

Mobile Phones are great but emphasise to your children that dangers do exist.

SCHOOL & COMMUNITY NEWS



Tweed Shire Housing and Homelessness Network

17 August 2017

To Whom It May Concern

On behalf of the Tweed Shire Housing and Homelessness (TSHH) Network, we are seeking support for the 'Community Well-Being Festival', on Wednesday 18 October 2017 at Murwillumbah Community Centre.

This annual 'Anti-Poverty Week' initiative brings providers together to support homeless people and people at risk of homelessness with access to a range of on-site specialist services, catering, donations area, personal attention, health care and fun activities.

The TSHH network membership comprises specialist housing and homelessness services and other agencies across the human services sector. Broad service involvement is essential to develop, coordinate and deliver the range of support people require to prevent those at risk of becoming homeless. These organisations work together to strengthen community goodwill to welcome and support people who are homeless or at risk to access much-needed services.

The network appreciates your support for this upcoming community event and for helping local people in need.

If you require any further information please contact Sylvia Roylance, Community Development Officer Tweed Shire Council (02) 66702 736.

With Kind Regards

Sylvia Roylance
Secretariat
Tweed Shire Housing and Homelessness Network



SCHOOL & COMMUNITY NEWS

ANNUAL PILOT CAREER OPEN DAY

Saturday
16th September 2017
10am - 2pm



Open Day Activities

Discounted Trial
Introductory Flights

Free Simulator Sessions

Training Aircraft on
Display

Your First Step to the Flight Deck!

Take the opportunity for a tour of our training facilities where you will be able to view our aircraft, simulators and chat to professional team of Instructors about all things flying!

Events Timetable

- 1000 - Open Day Open
- 1100 - Pilot Careers Presentation
- 1200 - Complimentary BBQ Lunch
- 1230 - Raffle Draw Merchandise Giveaways (x2)
- 1300 - Pilot Careers Presentation
- 1330 - Lucky Door Draw (2 x 1 hour Trial Introductory Flight)
- 1400 - Open Day Close



If you would like to find out more information about Air Gold Coast Annual Open Day please contact our staff on (07) 5536 2822 or email admin@airgoldcoast.com.au

* Aviation brochures and other informative documents will be available during the day.

* BBQ is a Gold Coin Donation run by Australian Air League.

* Money raised from Raffle draw tickets goes to Australian Air League.

Airgoldcoast
Flight Training

34 Eastern Avenue, Billanga, Gold Coast Airport Q4225
RTO #32212

SCHOOL & COMMUNITY NEWS



COMMUNITY Wellbeing Day

WEDNESDAY 18TH OCTOBER 2017

Knox Park, Murwillumbah



10AM
TO
2PM

FREE
FAMILY
FUN

- Entertainment by Chris Harvie
- Health checks
- Manicure and hand massages
- Free BBQ (Burgers, meat & veggie)
- Cakes, tea/ coffee
- Yoga
- Haircuts
- Clothing/ toiletries
- Kids activities
- And lots more

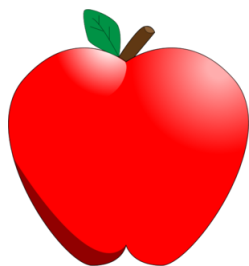


TWEED
SHIRE COUNCIL



This is
a week
when we
can all
do something
about
poverty

anti
poverty
week



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 chilli, salmon & avo, veggie tempura, salmon & cream cheese, salad, avo, inari, 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
Mony 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.

