

On The Waves

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Term 2 Week 4A Monday 21 May 2018

FROM THE SCIENCE AND LANGUAGE FACULTIES

ANNUAL DORROUGHBY BIOLOGY FIELD TRIP

As part of the Year 11 Biology Syllabus, 34 students attended a 2 day camp at Dorroughby Environmental Education Centre. This camp has been running at BPHS for about 8 years and has been an integral part of the Biology program.

Day 1 has the students visiting Brunswick Heads where they investigate a Littoral Forest, Mangrove and Sand Dune Ecosystem. Identifying organisms (plants generally), conducting Transects and Quadrats are some of the methods used to investigate and understand these terrestrial ecosystems. The rest of the day was for bunk allocation and orientation at Dorroughby Camp site.

Day 2 saw an early start with Platypus observations in one of the local farm dams. A number of sightings were made of this very shy creature. Then it was off on the bus to Minyon Falls, along a winding gravel mountain road, with a few creek crossings thrown in. The wind was up and the morning was cold. Here food chains and food webs and geological structures were investigated. The link between Abiotic Factors and the subsequent vegetation was analysed. This means that the students recorded air and soil temperature, humidity, soil type, soil pH, wind speed and the type of bedrock. They found that basalt soils are richer and support Sub Tropical Rainforests, while rhyolite (a harder volcanic rock producing less fertile soils) tended towards a drier type of forest called a Sclerophyll Forest.



FROM THE SCIENCE AND LANGUAGE FACULTIES CON'T

ANNUAL DORROUGHBY BIOLOGY FIELD TRIP CON'T

We were all rewarded with a spectacular walk to the base of Minyon Falls, 200m below where we conducted the abiotic tests. But we had to walk 5km up and down the mountain. Lots of sweat and puffing and effort required.

This was by far the best Year 11 group to attend Dorroughby. The Dorroughby Teachers were impressed and all work books fully completed. It made it a most enjoyable Camp for everyone.

YEAR 11 PHYSICS

Students have been undertaking experiments to calculate the coefficient of static and kinetic friction between two surfaces on an incline plane with Mr North.





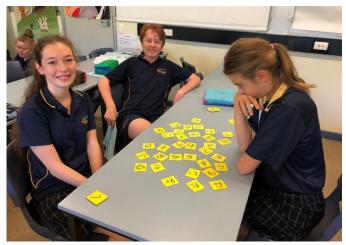
JAPANESE

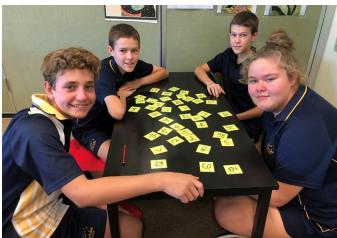
Year 7 students made "onigiri" in class. Onigiri are the Japanese equivalent to a sandwich and are a tasty rice ball, which can have a variety of savoury seasonings added. Students were quite adventurous and tried most of the flavours available. They were surprised at just how filling rice can be!

Most year 7 classes have completed the hiragana alphabet and have been enjoying playing a variety of memory games to help them memorise the characters. Students are playing a traditional Japanese memory game called "Karuta" where students snap the called character.

Ms Sheridan Heargraves Head Teacher, Science and Language Monday 21 May 2018 On The Waves

YEAR 7 JAPANESE











FROM THE PRINCIPAL

"We foster an inclusive learning community, inspiring students to achieve their personal best by becoming lifelong learners, critical thinkers and healthy creative members of a global society."

CENTAUR DAY 14TH MAY AND RED ROSES FOR REMEMBRANCE

Members of our Student Representative Council joined me in attending the 75th Anniversary of Centaur Day, at the Centaur Public School service. It was our honor to be part of the service, our students laying a wreath in memory for those of the hospital ship AHS Centaur. Aiden Hannah proudly performed the Last Post for the service.



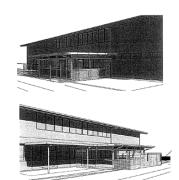




FROM THE PRINCIPAL CON'T

SUPPORT UNIT CONSTRUCTION BEGINS

It has been a long time coming! Work will commence Monday 21st May on the works to repair the deteriorated softfall outdoor learning space adjacent to the Support Unit. The works will include a new shade structure to protect our students from the elements, a water play station and a sensory garden, for those students who have sensory learning needs. The works are intended to be completed before the end of June.





REGIONAL FINALIST IN TVET AWARDS

Congratulations Marleigh Dreyer who has made it through to the Regional Finals for the State Training TAFE Awards – TVET Student of the Year. We wish Marleigh good luck in Coffs Harbour on 15^{th} June.

YACC KICKS OFF FOR 2018

Students from Banora Point High School have been extremely successful participants in the Youth Frontiers program. Unfortunately, this program has undergone some administration changes and is not running in our school this year. Our school is working with Kingscliff High School and Murwillumbah High School to continue to provide this authentic learning opportunity for our students. We have engaged Dean Files to facilitate our own program called Youth and Community Connections (YACC) where local business people mentor our students to develop and implement a community based program. Our YACC program started last Thursday. I would like to thank those in our community who are giving their time to support our students.









FROM THE PRINCIPAL CON'T

PARENTING AND STUDENT SCHOOL TOUR AND INFORMATION NIGHT

We are excited to inform you that Banora Point High School is running a school tour and information evening for parents looking to enrol their child in Year 7 at Banora Point High School in 2019. The evening will be run on **Wednesday the 23rd of May** with the tour commencing at 5:00pm and information session commencing at 6:00pm in the school library.

If you are the parent/carer of a Year 6 student, you will find this a great opportunity to explore what we have to offer.

WORKING BEE

Sunday 3rd June – we invite students and parents to roll up your sleeves and assist us with a few jobs to keep our school looking its best and maintaining the learning space our students and staff are so fortunate to be afforded. The working bee will run between 9am and 12.30 pm. If you can come along and lend a hand, please contact our office on 07 5513 1960 and leave your details. Our Acting Deputy Principal Mrs Smith will call you back.





KEEPING AN EYE ON OUR UPCOMING EVENTS

- Parent and Student School Tour and Information Night Wednesday 23rd May, 5pm
- Year 10 into Year 11 Subject Selection Evening Monday 28th May, 6pm in the School Library
- Working Bee Sunday 3rd June 9am to 12:30pm
- P&C meeting Monday 4th June, 6.30 pm
- Year 12 Parent/Teacher Meetings Monday 4th June, 3pm to 6pm
- Year 12 HSC Preparation Evening Wednesday 6th June, 5:30pm to 6:30pm

Mr Christopher Randle Principal

FROM THE SENIOR DEPUTY PRINCIPAL YEARS 10-12

Welcome to what is now starting to feel like autumn and the arrival of cooler weather. This is an opportune time to remind students about their winter school uniform and to ensure they are wearing a navy-blue sloppy joe with BPHS emblem and not their favourite jumper of the moment. It has also been noticed that some students are wearing a variety of sock colours. The school uniform states that plain white or black socks be worn for school uniform and white socks for sports uniform. In Winter, girls may wear tights with white socks or tights without socks. The uniform shop is open on Thursday mornings this term, if you need to update or replace any clothing for this season.

There have also been concerns reported recently around bikes, scooters and skateboards that students ride to school. I have included the information below that is contained in our Student and Parent Handbook, as a reminder of Banora Point High Schools' expectations around their use and storage whilst on school grounds.

"Bicycles, scooters and skateboards ridden to school must be left in the racks adjacent to the Administration block. This area is out of bounds between 8.30am and 2.30pm. By law, students riding bicycles must wear an approved helmet. Police make random checks on students not wearing helmets and fines are levied.

Failure by students to observe road rules while in school uniform constitute a breach of the Student Behaviour Code.

There are serious legal and safety issues involved with the use of skateboards and scooters on school property. Skateboards should not be brought into the school playground. Any student bringing a skateboard onto the school grounds is to have it stored immediately on the skateboard rack provided.

If used or visible during school hours, the skateboards may be confiscated and will only be returned after acknowledgement from parents/carers.

Note: The school accepts no responsibility for any damage to, or loss of, any of these items if brought on to school property."

YEAR 10 INTO YEAR 11 SUBJECT SELECTION EVENING

Year 10 students have recently received a flyer informing them of the upcoming Year 10 into Year 11 subject selection evening which will take place at 6:00pm on Monday 28th May in the school library. We look forward to meeting with both parents and students at this important information evening.

YEAR 12 PARENT/TEACHER MEETING

On Monday 4th June 2018 from 3pm to 6pm parents are welcome to come and meet with their child's year 12 Teacher/s to discuss their most recent report. Bookings are available as per the following Booking Information Guideline.

YEAR 12 HSC PREPARATION EVENING

On Wednesday 6th June 2018 from 5:30 to 6:30pm in the School Library students are asked to come along with a support person who will be assisting them through the HSC. Further information will be sent home with students shortly.

Mrs Jenny Smith
Relieving Deputy Principal Years 10-12



Dear Parents

Parent/Teacher/Student interviews for Year 11 and 12 will be held at the school from 3pm to 6pm on Monday 4th June 2018. 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 07 5513 1960. 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.



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 1st June 2018.

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.

SNOW EXCURSION INFORMATION

For families of students who are attending our ski excursion please read below.

COST

Full payment is due by the end of Week 6. If you are experiencing difficulty in paying for the excursion by this date please contact the school.



CLOTHING

Included in the price of the excursion is the rental of ski clothing. This includes a fitted **ski jacket** and **pants**. If your child has their own ski jacket and pants then they can bring this however remember they can be quite bulky so make sure they allow for this in their luggage. Students have a checked baggage allowance of 20kg. A ski jacket and pants is basically a outer waterproof shell and should not be relied upon to provide the warmth needed. Its job is to stop you getting wet. Your child will also be given **ski boots or snowboard boots** (depending on their activity choice). The snowboard boots are quite comfortable and most people will wear these around the ski resort. Ski boots are the opposite and pretty cumbersome and uncomfortable to walk around in as they bind your foot into the boot more so than the snowboard boot. Both are generally waterproof though and will stop your feet getting wet.

As students are staying 'on snow', conditions can change quickly and students should have the following essential items:

- Waterproof shoes for walking around the village. Standard runners will not be sufficient as they allow cool air and snow into your shoe. Your feet will get wet quickly if walking in snow.
- **Ski Gloves** (make sure they are waterproof)
- Goggles (normal sunglasses will not be adequate as snow gets behind the lense and melts obstructing vision)
- Thick ski socks x 2 and should be up to the shin.
- Beanie or Ski Headband
- Thermals (top and bottom). Substitutes can be a tight cotton singlet and pants. Thermals are essential in helping to create different air layers for temperature regulation.
- Inner shell eg fleece or warm jacket. This should be relatively light however provide the warmth and will be worn under the ski jacket.

Remember – Be prepared for all conditions. It is easier to take layers off then to put layers on and proper clothing will allow a much more enjoyable experience.

Students will be given a packing checklist towards the end of Term 2.

Mr Nathan Williams
Snow Excursion Coordinator

SCHOOL & COMMUNITY NEWS



Work out whether the content is right for your child.

It might be around their age or just their personality, but trust your gut and put boundaries in place.



Read up on the issues it explores. If you show that you are comfortable and knowledgeable with the issues it explores your kids are more likely to open up to you during a tough time.



Stay up to date with pop culture. You may not care about the Bieber's or Beyonce's of this world

but following sites like Pedestrian.tv and news.com.au will help you stay ahead of the game.



Make sure they know that not everything they see is how it appears. Have a frank conversation about not taking everything on the internet at face value.



Tell them that they don't have to watch something if they don't want to.

Brainstorm ways they can say no to their peers and feel confident making their own decisions.



Encourage them to practice self-care. If they are going to watch something make sure they've got an arsenal of things

an arsenal of things to pick them back up afterwards.



Offer to watch it with

them. That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.



Let them know where to go for help. Ask them who they would feel comfortable talking to and connect them with services like ReachOut or Kids Helpline.





Helping with High School Maths

Maths often becomes more challenging when your teen starts high school, and this is often when kids start to lose confidence in their maths skills. Here are some tips to encourage your teen to stay positive about maths and keep on top of their maths learning.

Talk positively about maths

Even if you struggled or didn't enjoy maths much in school, try to talk about maths in a positive way with your teen – and let them know you believe they can succeed in maths. This will encourage them to keep trying their best, rather than giving them an excuse to give up. You can also talk to them about the benefits of having skills in maths for a diverse range of careers – from computer games designer to environmental consultant, or from an architect to a fashion designer.



Practise, practise, practise!

If your teen is losing confidence or is starting to struggle with maths, encourage them to keep working at it and let them know that maths is something that we get better at with practice. Encourage your teen to take responsibility for their maths learning – get them to identify where their weaknesses are in maths, and make a plan to work on them. With hard work, regular practice and revision, and encouragement from you, your teen can improve their maths skills. As they see improvements in their own understanding, your teen will gain confidence in their maths abilities too!

Set a routine

If your teen is reluctant to do their maths homework, try encouraging them to set up a study routine. Help your teen find a time that works for them and set it aside to practise their maths. If they don't have any maths homework one night, try to encourage them to practise another way – they might enjoy doing a Sudoku puzzle, or there are lots of free online maths games they could try.

Help your teen get organised

Encourage your teen to use a diary or planner to record the dates for school assignments, homework and tests. You can also try writing key dates on a calendar so you can encourage your teen to prepare for these assessments in advance and help provide them with a study environment free of distractions.

Show interest in what they are learning

Ask your teen what they are learning in maths class, and ask to look at their homework with them. Your teen will appreciate you taking an interest in their learning and will feel motivated to keep working at it. Asking them to explain a new concept to you will also help reinforce what they are learning in class.

Talk to their teacher

If you (or your teen) are worried about their maths learning, or they are struggling to complete their maths homework, contact their teacher. They will be able to provide you with some more guidance on ways that you can support your teen at home, provide practice materials your teen can use and they will be able to focus on supporting your teen more in the classroom.



Choices, choices

By the time your child reaches Year 10, they will be starting to think about their future. Do they want to go to pursue a vocational pathway or head to university? Is there a particular career or pursuit they are passionate about? Are they more suited to some subjects than others? Are there some areas of study more likely to suit their talents than others?

All these questions are important to help them choose the best subjects to study in Years 11 and 12.

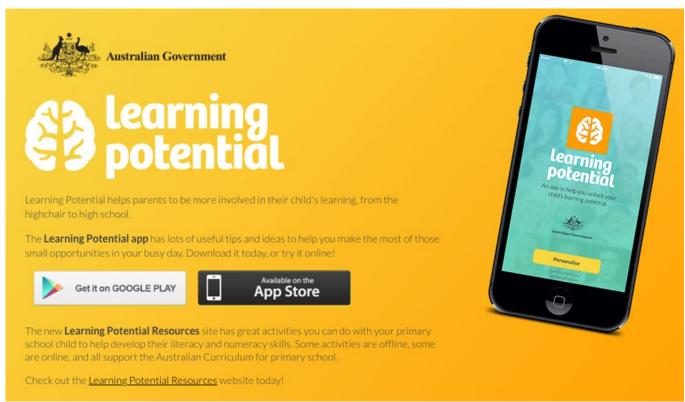


Research shows that students achieve better in the subjects they're most interested in. That means the subjects they enjoy and are good at are more likely to lead them to a career they enjoy too.

However, when choosing subjects, it is also important to keep in mind any subjects that may be needed for a particular course they may wish to consider.

Most schools offer vocational education and training (VET) courses including school-based apprenticeships. These units equip students with workplace skills and knowledge through nationally recognised training.

You can take this further by helping your child to fully understand their interests, likes and dislikes, strengths and weaknesses, skills and what is important to them. Be sure to discuss the importance of gaining employability skills. The great thing is that a career or study choice made today does not limit a person's range of choices in the future. It's no longer common or necessary for people to stay in the same job or even the same field of work for their entire life. Ask your child if they have thought about different types of further learning and whether they have talked to their school career adviser.



REPRINTING STUDENT TIMETABLES

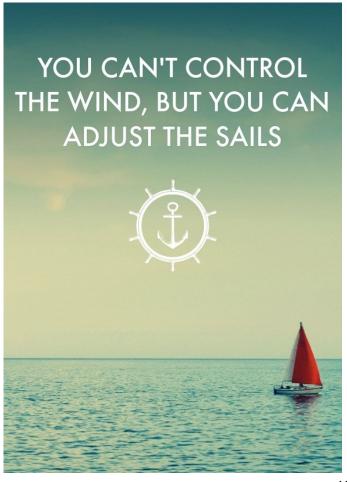
Please be aware, that a small fee of 50 cents will be charged to reprint forgotten or lost timetables.

Reprints due to timetable changes will not incur a fee..

MON		TUES	WEDS	THURS	FRI
Venues		Such and Such College Some Room Dates	A.N. Other College A.N. Other Room Dates	Generic College Some Rubm 2 Date	1
MORNING		Mindfulness Skills for Students Course 1	oto	ndful less Sams for students Course 5	
LUNCH	1	iNVU	1 dindfulness for Exams Course 4		
EARLY AFTERNOON	1	No fulness Skills for Students Course 2		Mindfulness Skills for Students Course 6	
- CC2000		Mindfulness Skills for		Mindfulness Skills for	

THOUGHT OF THE WEEK

SCHOOL & COMMUNITY NEWS





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



FROM THE LIBRARY



Contagion (Dark Matter #1)

by Teri Terry (Goodreads Author)

Her brother Kai is losing hope of ever seeing her again. Then he meets Shay, a girl who saw Callie the day she disappeared, and hope is reignited.



Defy the Stars (Defy the Stars #1)

by Claudia Gray (Goodreads Author)

Noemi is a young and fearless soldier of Genesis, a colony planet of a dying Earth. But the citizens of Genesis are rising up—they know that Earth's settlers will only destroy this planet the way they destroyed their own. And so a terrible war has begun.



How to Hang a Witch (How to Hang a Witch #1)

by Adriana Mather (Goodreads Author)

After Sam's father is hospitalised, she has to move from New York to Salem with her stepmother, Vivian. Unfortunately, Sam is related to Cotton Mather, one of the men responsible for the Salem Witch Trials, and to say she feels unwelcome in Salem is an understatement...



I am Thunder

by Muhammad Khan

Fifteen-year-old Muzna Saleem, who dreams of being a writer struggles with controlling parents who only care about her studying to be a doctor. Forced to move to a new school in South London after her best friend is shamed in a scandal, Muzna realises that the bullies will follow her wherever she goes. But deciding to stand and face them instead of fighting her instincts to disappear is harder than it looks when there's prejudice everywhere you turn. Until the gorgeous and confident Arif shows an interest in her, encouraging Muzna to explore her freedom.



Letters to the Lost (Letters to the Lost #1)

by Brigid Kemmerer (Goodreads Author)

Juliet Young always writes letters to her mother, a world-traveling photojournalist. Even after her mother's death, she leaves letters at her grave. It's the only way Juliet can cope.



Lirael (Abhorsen #2)

by Garth Nix (Goodreads Author)

Dark forces ar abroad once more in the Old Kingdom. Lirael, solitary daughter of the Clayr, and Sameth, the reluctant Abhorsen-in-Waiting, both seek the same man who may hold the key to an ancient evil stirring in the West. But the Dead cannot be laid to rest until the strange secret linking the fate of Lirael and Sameth is revealed.

Monday 21 May 2018 On The Waves







Canteen Menu 2018

		Janteen Mena	2010		
Sandwiches		Burgers - lettuce, cheese, umato & beetroot w/ your choice of tomato BBQ, sweet chilli, aioli or mayo		Fresh Sushi	
Vegemite	\$2.00	Cheese burger - beef & cheese	\$3.50	Fresh Sushi	\$3.00
Cheese	\$2.50	Hamburger	\$4.50	Chicken & avo, chicken tenyala, tuna,	
Egg plain or curried	\$3.50	Chicken burger	\$4.50	honey soy chicken, tuna & avo, prawn tempura,	
Tuna	\$3.50	Fish	\$4.50	prown sweet chili, salmon & avo, vege tempura,	
Lean Ham/Chicken Breast	\$3.50	Bacon & Egg Roll	\$4.00	salmon & cream cheese, salad, avo, ınan,	
Salad	\$3.50	Vegie	\$4.50	california roll (crab, avo & egg).	
Salmon	\$4.00				
Salad = lettuce, tomata, beetroot, canot, cucumber		Pies & Sausage Rolls		Salad Boxes	
		Sausage roll	\$3.50	Fruit salad	\$3.50
Extras		Plain pie large	\$3.80	Salad	\$3.50
Salad	\$1.00	Spinach & ricotta roll	\$4.00		
Avocado	\$1.00	Flavoured pies	\$4.00	Extras in Salad Boxes	
Egg	50c	Sauce - tomato or BBQ	20c	Egg	50c
				Avocado	\$1.00
Fresh Wraps				Chicken, ham, tuna	\$1.50
Salad with mayo	\$3.50	Toasted Turkish Bread			
Chicken & salad w/mayo	\$4.50	Ham & cheese	\$3.50	Snacks	
Ham & salad w/mayo	\$4.50	Chicken, cheese & avo	\$4.00	Sumo biscuits	50c
Tuna & salad w/mayo	\$4.50	(1000000000000000000000000000000000000	30 4 3000000	Eucalyptus drops	60c
	46	Others		Fruit - banana, orange, apple, seasonal	\$1.00
Special Wraps - Jettuce, tomoto, cheese		Corn on the cob	\$1.20	Assorted Chips	\$1.50
Mexican Wrap	\$4.50	Potato wedges (cup)	\$3.00	Cheese & bacon rolls	\$2.00
Tacostyle mince with corn, avo & sourcream	¥	Hot dogs - fat free	\$3.00	Vegemite & cheese scroll	\$2.50
Sweet chilli tender wrap	\$4.50	Chicken chipees	\$3.80	Je lly Cups	80c
sweet chilli coated chicken tender w/sweet chill isauce	46	Macaroni cheese	\$3.80	Finger buns	\$2.00
		Lasagne	\$3.80	Muffins	\$2.50
Daily Specials		Drinks		Ice Treats	
Monday	Monday		\$1.50	Frozen juice cup	80c
Check specials board (specials change weekly)		Bottled water750ml sip cap	\$2.00	Mony frozen cups	80c
Tuesday	Tuesday		\$1.20	Calippo	\$1.00
Check specials board (specials change weekly)		Poppers - apple orange, tropical	\$1.60	Icy twist	\$1.20
Wednesday		Focus water	\$2.00	Paddle pops	\$1.50
Check specials board (specials change weekly)		Crazy lemon lemonade small	\$2.00	Paddle pop shaky shakes	\$2.00
Thursday		Crazy lemon lemonade large	\$3.00	Frozen yoghurt	\$2.00
Eagle boys pizza (equal to 2 slices)	\$3.50	Glee	\$2.00		
Hawaiian, meatlovers, vegetarian, cheese		Up N GO - choc, straw, banana, vanilla	\$2.00		
Friday		Flavoured Milk 300ml	\$2.00		
Nachos	\$3.50	Flavoured Milk 500ml	\$3.00		
With sour cream and sweet chilli sauce		Iced coffee	\$3.50		
		Hot chocolate	\$2.50		
		Juice 500ml 35%	\$2.80		
		Juice 500ml 100%	\$3.00		
		Iced Tea Slushie Small	\$3.00 \$1.50		
		Slushie Large	\$2.50		

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.

