

FROM THE CREATIVE AND PERFORMING ARTS FACULTY

SUBJECT SELECTIONS

Over the next few weeks students will be selecting their subjects for 2019. Year 10 are currently considering these and we would like to take this opportunity to outline what CAPA has to offer. For Year 11 2019, we offer Visual Arts, Music 1, Dance and Drama which all offer students the opportunity to receive an ATAR. We are also offering Photography and Digital Imagery which is board endorsed and doesn't offer an ATAR, but valuable experience for those interested in photography.

To select any of our subjects you **do not need** to have studied these previously and our team of expert teachers guides all students through the courses and encourage students to reach their full potential. Historically, students who have completed the HSC course in any CAPA course have all received equal to or their highest mark.

MUSIC

Music students have continued to develop their skills across all year groups and genres. Year 12 students attended a video conference link up with the University of Newcastle. This has offered valuable insight into what is expected and tips on how to maximise their results. We wish them all the best as they continue to prepare their performances.

DANCE

The Far North Coast Dance Festival involves over 1100 students from public, primary and high schools from the Tweed, Murwillumbah and Lismore districts. For over 31 years the Dance Festival has displayed the many dance forms taught in NSW public schools K-12. The teachers choreograph and prepare dances at their schools for public performance, so as to provide you with an entertaining evening. An enjoyable experience is assured!

Our Dance Ensembles are performing at the **Far North Coast Dance Festival 2018** at the **Gold Coast Arts Centre** on Tuesday evening, **12 June**.

The performance commences at **7pm** and should conclude at around **8.15pm**.

Cost- Adults \$25, School aged student \$15, Concession Holders \$15

If you want to purchase tickets to support the students please follow the link below and we will see you there.



Tickets are on sale through HOTA (previously known as The Gold Coast Arts Centre). **BOOKING OFFICE Ph. 07 55884000** or <https://secure.hota.com.au/WebPages/EntaWebGateway/gateway.aspx?E=N&QL=S891|VART|G~/WEBPAGES/EntaWebShow/ShowDatesCombo.aspx>

VISUAL ARTS & PHOTOGRAPHY

All Visual Arts students are developing skills and creating some amazing artworks across all year groups.

Year 8 have developed their understanding of the elements of art and produced some amazing drawings of our school, demonstrating their understanding of how these form the basis of all artworks. Others have developed their art making skills in ceramics, creating a creature feature oil burner. Again, employing the elements of art to create interest and a more resolved work. Year 8 have also explored creating wearable art, where students screen printed their designs onto T-shirts. You may see these funky designs around and will now know where they came from.



VISUAL ARTS & PHOTOGRAPHY

Year 9 Photography have worked on developing a Body of Work based on creating a photogram.

Students used the darkroom to create an image and then watched it come to life in the developing process. They then used these images to create a lino print and then using the lino tile they created a tile relief. These came together to create an interesting collection of works.



YEAR 11

Year 11 are working on Banksy inspired street art and developing opinions on world issues. You never know where these may pop up – keep your eyes peeled.

YEAR 12

Year 12 Visual Art students continue to work hard to create their major works. These will be due during next term so they are encouraged to spend time both at school and at home to work consistently on their works. There are some exciting ideas coming together.



Smartarts



This year our group of Gifted and Talented artists have been focussing on the built environment of our school, demonstrating their powers of observation and incredible drawing skills. After producing several graphite drawings we played with scale by reducing and enlarging images to change perspective. These were then cut and replaced back together to create an abstracted new landscape. We have used mixed media of watercolour, collage, colour pencil, pastel and ink to create unique artworks. They are well on their way and will finish all work by the end of this term. Our *Smartarts* artworks will be exhibited in the front office upon completion.

Any interested artist who would like to join *Smartarts* please see Ms Gee or Ms McPherson.



Remember we rely on fees to purchase the various equipment and maintain current facilities, so please pay your fees to the front office so we can continue to offer the amazing educational opportunities for your children.



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.”



Thank you Charles, Skye, Adam, Tony, Geoff, JO, Cheree, Denice, Nat, Lisa, Brad, Peta, Emma-Kate and Angus.

With the help of our volunteers, we achieved painting in the office, planting Liripes and Lilly Pilly's in the garden, mulched the garden, mulched trees in the quad, weeded the front garden, archived files, removed the ginger that had gone wild and relocated Nandina's. Well done!



FROM THE PRINCIPAL CON'T



- Year 12 Parent Teacher Interviews Monday 4th June 3 – 6pm
- P&C meeting Monday 4th June 6.30 pm
- Athletics Carnival Wednesday 6th June
- HSC Preparation Workshop Wednesday 6th June
- FNC Dance Festival Tuesday 12th June

Debating Training Day at Mullumbimby

For the first time in a long time, a debating training day organised by The Arts Unit – Sydney, was held in this area. Masters Academy, who sponsor the year 7 and 8 competition of The Premier's Debating Competition, provided two tutors who ran the day. It was invaluable in reinforcing the variety of skills required to compete competitively. Congratulations to our participants who demonstrated a high level of manners and behaviour. The competition will begin later this term when Mullumbimby visit us for the first debate.



Left and below: Summah Glen, Alice Knight, Imogen Pain and Frances Carolan participate in the Debating training Day at Mullumbimby on May 22nd.





Social Media - Top Tips for Parents

Talk to children about online privacy issues, making sure they know to never to identify personal information such as their full name, address, age, school and don't ever post photos in school uniform.

Teach your children to respect people's privacy and don't share anyone else's personal information online without permission.

Don't tag photos of your children at their school if your accounts are not set to completely private. This is a child safety issue as anyone driving past can search the school on Instagram and see all of the photos that have been tagged at the school, often by parents who have not set their account to private on Instagram. If your account is not completely private, anyone can see your photos of your child, their name, the name of the cat, where you go on holiday, what your family does on weekends, when birthdays were and other information about your family and your life. Therefore, a complete stranger could make up a story that could be very convincing to your child by using the information you have shared in a public forum of more than 500million users.

If you are going to post anything with a significant fact, check it first.

Teach your children to understand the importance of passwords, keeping them private and changing regularly.

Learn how to recognise a scam. If it is too good to be true, it probably is.

Make sure the apps you allow your kids to use are age appropriate.

Don't be patronising or insulting to anyone. This kind of behaviour may validate bad behaviour in children as they often see it if you are connected to young people on social media.
Ban devices from the bedroom from as young as possible. Set boundaries around use.

Share pictures and videos only with consent. And respect the privacy of others. • Keep your love-life and arguments off social media.

Stay positive. If you see something you disagree with – don't engage.

Consider the fact that children in the background of photos or videos you take at your child's

school may be on “no publish” lists. Some children are in protective custody or witness protection and an innocent photo posted on social media could be disastrous.

Teach young people not to say, or repeat anything that they wouldn’t say if the person were standing right in front of them.

Recognise that other people’s opinions may be different to their own and that does not give them permission to attack those opinions online.

Remember that even an emoji can be taken out of context by someone reading it.

Use your head and your heart. Don’t let emotion be the only thing driving you to post.

Make sure you respect classification on games, they are there for a reason.

Make sure the young people in your care know that under no circumstances they should go and meet up with anyone they meet online. Stranger Danger rules apply because they are now literally on digital steroids 24x7.

If you have any questions please get in touch: wecanhelp@safeonsocial.com

YARN UP

The Aboriginal Education team at Banora Point High School is holding a “Yarn Up” breakfast for parents and carers of our Aboriginal students. It will be held at the school on **June the 13th, 2018** at **7.30am** and will be fully catered for.

The purpose of the breakfast is to:

- meet the 2018 BPHS Aboriginal Education team as well as teachers and key support staff at BPHS
- meet other families of our Indigenous students
- share any ideas you have for Aboriginal Education at BPHS
- discuss your student’s progress at BPHS

familiarise yourself with our school facilities

Please contact Lachlan Klose or Joan Sherriff at the school to RSVP.

SCHOOL & COMMUNITY NEWS

Combatting online bullying is different for girls and boys: here's why

Demands for improving online safety continue to capture headlines, often for the worst reasons.. While this outcry has signalled renewed interest in “stamping out” cyberbullying and reinvigorated health and wellbeing protocols for young people, interventions continue to fall behind the fast-paced development of communication devices and the take-up of new social media by teenagers.

The focus on gender in “next step” interventions is noticeably absent. Intervention protocols have viewed teenage girls’ and boys’ online interaction as more or less the same. This is a mistake. Teenage girls, especially those aged 12 to 14, are more likely than any other demographic to experience cyberbullying, and anxiety and depression after bullying episodes.

A greater focus on the friendship practices of teenage girls offers possibilities for developing new strategies for reducing cyberbullying among friends.

INTERVENTION SHOULD BE TAILORED

Online participation differs significantly for girls and boys. They spend similar amounts of time online and both use technology to search for information, interact with others, and play games. But girls spend more time socialising with friends.

Girls’ online friendships are more visually-oriented than boys. They use social media to post and curate personal images, share stories and experiences, seek advice on private matters and appearance, and plan and organise social events.

These practices place teenage girls at risk for problems associated with bullying such as gossip, name-calling, spreading rumours, coercion, and shaming. Unfortunately for girls, online friendships are often filled with the not-always-nice voices of other girls. While current interventions offer broad protocols for children and young people, specific guidelines for teenage girls are missing.

GIRLS EXPERIENCES ONLINE

A recent study offers insight into girls’ interactions online. The study was conducted in two stages. In stage one, 130 year eight girls from Queensland were asked to complete an online survey. The survey asked the girls questions about their online practices, providing several opportunities for them to talk about their online strategies with friends.

From the original group, 16 of the girls participated in online focus groups. Here, the girls watched videos and looked at pictures showing teenage girls experiencing online problems. They discussed the episodes at length, then shared their ideas and experiences in a private journal.

The online strategies and problems discussed by the girls were considered in two ways. First, online friendship practices were compared to established cyber safety protocols. Second, focus group exchanges and shared stories were analysed for examples of what they do online, how they speak to each other, how they manage their online presence, and how they steer clear of online troubles.

These girls adapted online privacy rules and created in-group strategies to build and strengthen friendship connections.

While they “wanted to feel safe”, they also wanted friends to see “their stuff”:

I make up a name and tell my friends so they can look at my profile.

I trust my friends to keep my stuff private.

The girls talked to friends about online troubles: I go to my friends with all my problems, especially online ones. I don’t get advice from mum because she is quite old fashioned and doesn’t understand our ideas and humour. They did not block or report friends unless problems became critical:

I try to work it out with someone face-to-face if they’re mean to me before blocking them, unless they are threatening me, then I tell a parent.

They described friends’ bad behaviour as mean or “bitchy”, not as bullying. Naming events in this way minimised adult intervention and gave them authority to deal with problems themselves:

They were rumouring about me and I felt really angry but my friends helped me to ignore it. That’s what most girls do cos doing something makes it worse.



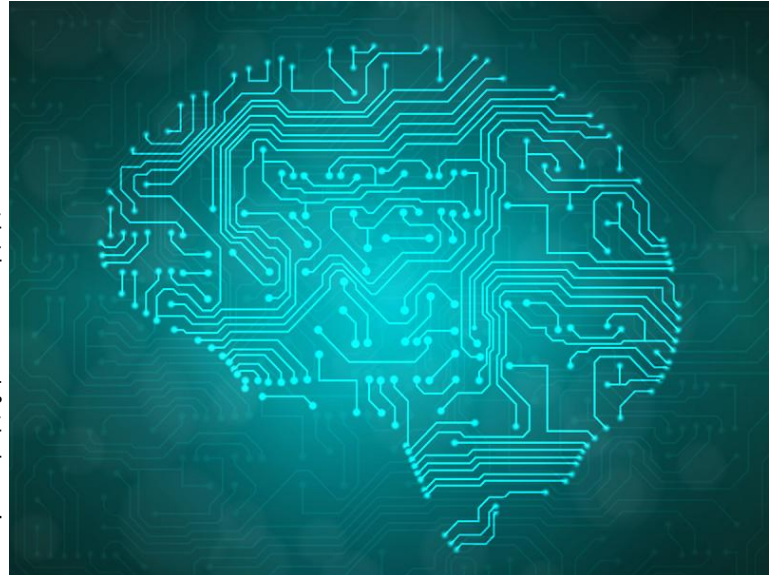
SCHOOL & COMMUNITY NEWS

UNLOCKING THE MYSTERIES OF THE TEEN BRAIN

Neuroscience can help to understand how teen brains work.

It seems that, while the brain does not actually grow much in adolescence, it does undergo a massive reorganisation between the ages of 12 and 25.

Essentially, the brain's wiring is being upgraded, and it is during this time that neuroscientists believe there is a window of opportunity for the neurons in our brains to develop stronger, richer connections.



It also appears the 'use it or lose it' principle plays a significant role in this rewiring process, explaining why adolescence is the prime time to acquire a new language, learn to play a musical instrument, or take up a new sport.

Encourage your teen to take advantage of this unique time to focus on learning. The more information is repeated, the more the brain retains, so now is the time to learn, learn, learn.

SCHOOL & COMMUNITY NEWS

Autism/Asperger's Training Sensory Detective® Workshop

Nelle Frances | ABN 12 834 474 968 | E: nelle@aspergerchild.com | T: (07) 5481 2754

For Teachers, Health Professionals & Families

Nelle Frances – author, consultant, parent, educator, sensory guru....

Provides a detailed description of individuals with Autism/Asperger's Syndrome, including profiles on the neurology, biology, cognitive processing, perception differences and learning styles of those with ASD.

You will learn specific techniques for dealing with challenging behaviours and meltdown and how to de-escalate situations with students/clients with ASD.

The training includes Nelle's high-impact Sensory Detective® Workshop – an interactive exercise that allows you to look at ASD from the inside out! You will learn first-hand that the response to sensory stimuli influences all behaviour, emotional development and academic progress of those with AS.

OUTCOMES

- deep understanding of Autism/Asperger's
- in-depth knowledge of characteristics
- knowledge of common biological traits in ASD
- in-depth knowledge of physiology of meltdowns
- recognize sensory agitation
- link sensory issues + all behaviour
- ability to establish accommodations / differentiations

You'll learn how to become a 'Sensory Detective' to decode behaviour.

The day concludes with a look at iPad Apps across the curriculum.



Nerang QLD

When: 29 June 2018

Time: 9:00am – 4:00pm

Where: Town & Country

829 Southport Nerang Rd
Nerang Q 4211

Cost: \$160-

Morning tea & light lunch
REGISTRATION FROM 8:30AM



Continuing Professional Development 6 hours

Australian Curriculum

General Capabilities | Organising Elements | Personal & Social Capabilities

Critical & Creative Thinking | Ethical Behaviour

NESA Accredited Course: ***Decoding Autism/Asperger's behaviours through sensory awareness.***

SCHOOL & COMMUNITY NEWS

Guarantee your place at Uni.

Keen to start a new career, or perhaps you didn't finish school, and think Uni is not an option? Think again!

Southern Cross University's award winning on-campus and online **Preparing for Success** Program can get you there. This 9-month short course guarantees entry into a range of bachelor degrees and is fully funded by the Australian Federal Government, which means no cost to you.

The program will teach you how to manage your time, write essays, and undertake research – providing you with the skills you need to succeed at university and the confidence to progress towards a new career.

Don't miss this opportunity as places are limited for our late June intake.

Learn more
sourses.su.edu.au
or call 1800 828 481



CHCOH Provider U2792

Just a reminder...



WHOLE SCHOOL ATHLETICS CARNIVAL

**THIS WEDNESDAY
6TH JUNE 2018.**

**HAVE
A VOICE!**



SPEAK UP

**Plus enter the draw
to WIN 1 of 5 \$200
grocery vouchers**

COMMUNITY SURVEY 4 – 17 JUNE 2018

2018 LOCAL HEALTH NEEDS ASSESSMENT

www.ncphn.org.au/speakup

What you tell us today, can improve local health tomorrow...
Complete the survey online today – anywhere, anytime.

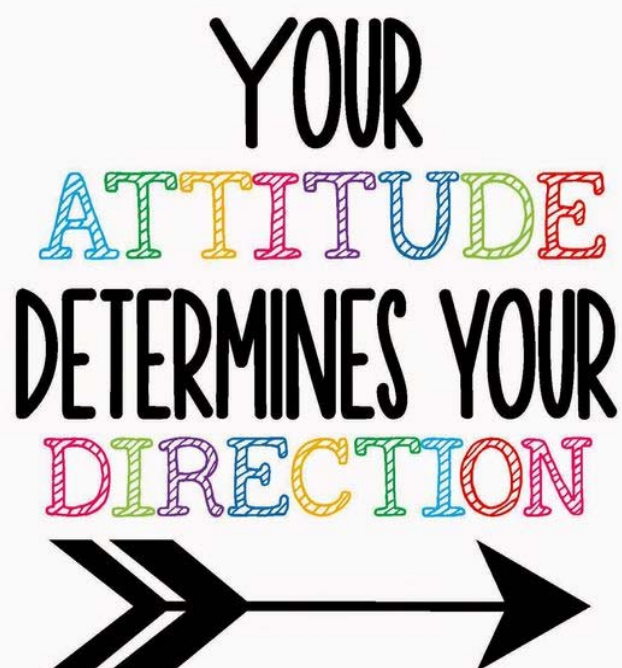
Open to Northern NSW and Mid North Coast residents 15 years and over. Tell us what YOU think about using your local health services. Your feedback helps organisations to plan and make decisions about future local health solutions.



phn
NORTH COAST

An Australian Government Initiative

THOUGHT OF THE WEEK



SCHOOL & COMMUNITY NEWS



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



Canteen Menu 2018

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 tempura, tuna, honey soy chicken, tuna & avo, prawn tempura, prawn sweet chilli, salmon & avo, veggie tempura, salmon & cream cheese salad, avo, iron, 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.

