

YEAR 7 SUPERNOVA IMAGES OF GREATNESS

On Monday, the 6th of August, the Year 7 'Supernova' class kicked Education Week off with their *Images of Greatness* celebration night. The night was the culmination of 20 weeks of research and preparation designed to showcase the talents and knowledge of our selective year 7 class.

In this project, the students researched an eminent individual and developed oral and visual representations that captured the essence of their achievements. Students dressed as their chosen personality and constructed displays that visually communicated why they were considered great. After enjoying a sausage sizzle and light refreshments, parents, grandparents and friends were dazzled by the on stage performances of the students before casually wandering around the displays and interacting with the personalities.

Richard Branson, Dr Fiona Wood, Anne Frank, Fred Hollows and Steve Irwin were all present and willing to share their experiences with those in attendance. All the displays were outstanding and highly engaging.

A big thanks to all the students, parents and behind the scenes workers who made the night the great success it was.



IMAGES OF GREATNESS continued.



Just a few of our magnificent students Images of Greatness displays .

THOUGHT OF THE WEEK



FROM THE YEAR 8 DEBATING TEAM

The Junior Debating Team were very impressive on Thursday August 9th when they debated the Kingscliff Team.

All speakers: Summah Glen, Alice Knight and Imogene Pain, were confident and persuasive when convincing the audience that parents should allow their children to watch television all week – not just on weekends.

Frances Carolan assisted them during the debate as team advisor.

There is one more round of zone competition before zone champion is determined. The team will be debating against Tweed River High School later this month.

Good luck team!



News from the SCIENCE AND JAPANESE FACULTIES

Over the next couple of weeks our Year 12 students will be sitting their Trial HSC Exams, where the course-work covered over the past 2 years will be assessed. Year 12 have been preparing for these exams in class recently. Year 11 will be sitting their Yearly Exams later in the term and we would encourage all Year 11 students to begin their exam preparation now if they haven't already done so.

Year 7 recently participated in the annual Rock Pool excursion which was a continuation of the Journey on Pathways from the mountains down to Hastings Point. They were lucky enough to have the valuable insight of Uncle Frank Krasner as they sought to understand the coastal ecosystem. Students worked in the Creek, Rock Pool, Headland and Sand Dune zones, making note of important coastal processes, flora and fauna. A great day of outdoor learning for all! This excursion took Science learning out of the classroom and into the natural world.



News from the SCIENCE AND JAPANESE FACULTIES

Last week was Science Week and our own teacher Mr John Leighton put on a show for the whole school at assembly which went down a treat. With the novelty factor of plenty of dry ice, chemical reactions were demonstrated with meaningful engaging narrative to inspire the inquiring mind. From soda drinks to global warming, the property of carbon dioxide (dry ice) to dissolve easily in water and reacting to form carbonic acid was evident with colour changes using indicators and the shrinking of carbon dioxide bubbles. Students left the assembly smiling and chatting about Science - a most worthwhile experience.



News from the SCIENCE AND JAPANESE FACULTIES

Toko-Ton Taiko Drumming visited Banora Point High School last week. Taiko is a dynamic form of traditional Japanese drumming which includes large arm movements and using your whole body to create a great drumming sound and rhythm. All Year 7 students and elective Japanese had the chance to watch in a taiko drumming performance and participate in a workshop in the hall. All other students were invited to watch a special lunchtime performance. From being a rag-tag group of drummers in the beginning, each group was quickly whipped into a tightly choreographed drumming group. It was incredible to watch how quickly students were inspired to participate enthusiastically in this energetic form of drumming. The range of drums Toko-Ton had for students to use during the workshop time.



FROM THE CAREERS ADVISOR

SOUTHERN CROSS UNIVERSITY

Southern Cross University Year 12 Family and Friends Information Evening

Come along to discuss all things uni, whether that be pathways, entry requirements or study options as well as our student support services, careers, scholarships and everything in-between. We will be running these information sessions at our Lismore, Coffs Harbour and Gold Coast campuses from 5pm-7pm, Wednesday 28th August. RSVP to studentrecruitment@scu.edu.au or just drop in on the night.

OVERSEAS OPPORTUNITIES

Au Pair

Why not take a gap year to travel and work with children? Being an Au Pair is the opportunity of a lifetime that will allow you to do just that! We have many locations available such as America, the UK, Italy, Spain, France, the Netherlands, China and Canada. Please visit our website for more information:

<https://www.aifs.com.au/aifs/>

Worthwhile and Productive Schoolies Experiences

Alternative Schoolies Projects are a mix of worthwhile project work and cultural immersion activities which allow students to celebrate the end of high school by exploring the rich culture and history of the country they are visiting while contributing to sustainable community-led initiatives under the full supervision of our staff. <https://www.projects-abroad.com.au> Tel: 1300 132 831.

USEFUL RESOURCES FOR STUDENTS - FREE

A Guide to Extracurricular Activities

Universities are looking more and more at a student's extracurricular activities when considering their admission. This blog article from Crimson Education helps students understand how to think about their extracurricular activities and how contributing to their school and community can benefit them in the long-run. <https://bit.ly/2OdzyRP>

ATARs for 14 health courses around the country

We all know how much time students can spend looking up ATAR information online. That's why My Health Career has created a listing of ATARs for every course around Australia for 14 health professions. Follow the link <https://www.myhealthcareer.com.au/atar-and-op-list-of-all-courses-in-Australia> to find out what the ATARs are for everything from physiotherapy to optometry, nursing to dietetics.

JOBTED Resume Writing Guide

A new practical guide on how to write an effective resume: <https://au.jobted.com/blog/how-to-write-resume> This comprehensive Resume Writing Guide is intended to help students and job seekers to create a resume and job application. Check it out for lots of good advice!

Study Medicine

New free trial feature added. You can now use and see Study Medicine in action. Use Study Medicine to review Macquarie University's medical degree and compare its paths to medicine with ANU. Study Medicine's visual format, detailed degree information, degree application process commentary and unique Comparator helps students optimise their chance to be accepted into medicine. <https://www.studymedicine.com.au>, Facebook, Twitter or email Jennifer: Admin@studymedicine.com.au

Virtual Visits

Mathematics Careers Have a University of Sydney mathematics researcher take over your classroom digitally for an hour! The Virtual Visit includes an overview of the career pathway of a mathematics researcher, open Q&A session and fun hands-on puzzles. It is a free program! For more information or to register a class, please visit <http://sydney.edu.au/science/outreach/high-school/virtual-visits.shtml>

Jessica Dreyer

Careers Adviser

Banora Point High School



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.”

Year 9 and 10 students showcase their Youth and Community Connections programs

Students from years 9 and 10, were supported by community members to develop and implement a community focused project. Students showcased their projects which included recycling, healthy eating programs, reading to the elderly, helping people connect without technology and organising a Blue Light Disco. Thank you Ms Giblette for your hard work in organising the 2018 YACC program.



FROM THE PRINCIPAL CON'T

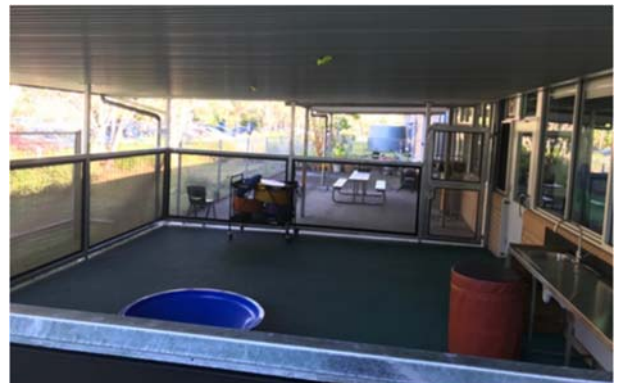
Children of the Generation – BPHS video launched

Thank you to all those parents and community members who supported our school in celebrating NAIDOC week. A small group of our students have been working with One Vision Productions to produce a Hip Hop video, launched at both the BPHS and Centaur PS NAIDOC week celebrations. Check out the music video at <https://youtu.be/m8in5wmR2Jl>



New Outdoor Learning Space for our Special Education Unit

The outdoor learning space now provides our students a shaded outdoor sensory learning space, well equipped to support student's individual learning needs. Key features of the new space include water activities, touch, smell and vision stimulus and a sun safe space to engage in fine motor skill development.



SCHOOL & COMMUNITY NEWS

5 TIPS TO HELP GET YOUR TEEN READY FOR SCHOOL IN THE MORNING

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

Early to bed, ready to rise

In adolescence, your child's sleep and sleep patterns start to change – teenagers will often go to bed later at night and struggle to get up early in the morning. But if you have to drag your teen out of bed in every morning before school, they might not be getting enough sleep.

Check out the Raising Children Network's great information about [sleep for teenagers](#).

Teens in charge

By the time they are in high school, your teen should be able to do things like making their own lunches and managing their time. You can encourage your teen's growing independence by letting them take responsibility for getting ready for school themselves. Talk to your teen about how you can support them in the mornings (for example, by giving them a wake-up call) – but let them know that they are in charge of getting themselves up and ready for school.

Be prepared

You can take the pressure out of the morning routine by encouraging your teen to get prepared the night before. Anything that doesn't need to be done in the morning can be done the night before – finishing homework, making lunches, packing bags, etc.

Keep it simple

Encourage your teen to keep their morning routine simple on school days, and save non-essential activities and distractions for afternoons and weekends. Try to keep breakfast simple too – quick nutritious options like wholegrain cereals, fruit and yoghurt are great and can be eaten on-the-go for tardy teens!

Make a plan

Some teenagers find it helpful to develop a morning schedule with key times when they need to get things done, especially if they tend to get distracted or lose track of time. Help your teen to think about what they need to do in the morning, how long each task takes, and what time they need to leave to get to school on time. Then get them to plan out their own morning routine (including wake-up time) to make that happen. Encourage them to build in some extra time in their schedule for emergencies, and stick to the plan!

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



SCHOOL & COMMUNITY NEWS



Film Screening :
Most Likely to SUCCEED

Official Selection 2015
sundance
Film Festival

MLTS is an award winning documentary film of Larry Rosenstock's High Tech High. The film will be shown on our giant outdoor cinema on Friday evening. This film is not available in cinemas and can only be shown by approved schools and organisations.

When: Friday 24th August from 6.30pm to 9.00pm

Where: Salt Village Common, Kingscliff

Who: Teachers, parents, children - everyone is welcome

Cost: FREE SCREENING

Larry Rosenstock will be on hand at the completion of the film to answer any questions.

TRIBECA FILM FESTIVAL 2015
Official Selection 2015
sundance
Official Selection 2015
AFI FEST OFFICIAL SELECTION 2015
2015 DALLAS INTERNATIONAL FILM FESTIVAL
CLEVELAND INTERNATIONAL FILM FESTIVAL OFFICIAL SELECTION

Most Likely To Succeed

SCHOOL & COMMUNITY NEWS

CHILDREN UNDER 16 ARE NOW LEGALLY ALLOWED TO RIDE ON FOOTPATHS IN NSW

Law change gives green light for teenagers to ride on footpaths
As students return from the winter holidays, many teenagers will no longer have to navigate traffic on busy roads while riding their bikes to school.

Children aged up to 16-years-old are now legally allowed to ride on footpaths.

This change is also a great opportunity to discuss the rights and responsibilities of riding on the footpath, consideration for others and the dangers of driveways.

Encourage your students to discuss why this change has occurred - what are the benefits and issues for pedestrians.



GUARANTEED
www.guaranteeddrivingschool.com.au
DRIVING SCHOOL

WE WOULD LIKE TO INVITE THOSE STUDENTS OF
BANORA HIGH SCHOOL
THAT ARE LEARNING TO DRIVE

TO ARRANGE FOR A **FREE** ASSESSMENT
OF THEIR DRIVING SKILLS.

(only condition is you must use your own vehicle)

This is a chance to see if you are being taught
all the technical things correctly.

Phone Sandra or Greg. We will be happy to take CARE of you!

(07) 55907920

LIC. NO. 008853

SCHOOL & COMMUNITY NEWS



NOT JUST YOUR TEETH. NOT JUST YOUR GUMS. YOUR WHOLE MOUTH.

WATCH YOUR MOUTH!

TO FIND OUT MORE VISIT DENTALHEALTHWEEK.COM.AU

DENTAL HEALTH WEEK BROUGHT TO YOU BY THE AUSTRALIAN DENTAL ASSOCIATION

#DENTALHEALTHWEEK HEALTHYTEETHAUSTRALIA AUS_DENTAL AUSTRALIANDENTALASSOCIATION



ORAL HEALTH BASICS

FOUR SIMPLE TIPS

- 
1 Brush twice daily, with fluoride toothpaste
- 
2 Use floss at least once a day
- 
3 Eat healthy. Reduce sugary drinks and food
- 
4 Visit the dentist for regular check-ups

TO FIND OUT MORE VISIT ADA.ORG.AU

healthyteethaustralia aus_dental australiandentalassociation

SOUTH TWEEDS HEADS

COLTS CRICKET CLUB



CRICKET SIGN ON FOR SEASON 2018, 2019

MASTER BLASTER, U11'S TO U17'S AND SENIORS

FOR MORE INFORMATION

SOUTHTWEEDCOLTSJUNIORS.QLD.CRICKET.COM.AU

FOR ANY ENQUIRIES 0498 620 534

 Find us on
Facebook
@ SOUTHTWEEDCOLTSCC

LOVE, SIMON

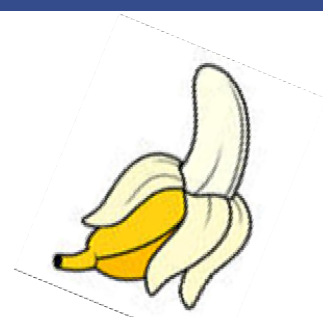
HE'S DONE KEEPING HIS STORY STRAIGHT.



HOYTS TWEED CITY 31st AUGUST 2018 5-8pm

Special screening for *Wear It Purple Day* followed by panel discussion:
"Creating safety and inclusion for LGBTIQAP+ young people in schools"





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
<i>Chicken & avo, chicken tempura, tuna,</i>	
<i>honey soy chicken, tuna & avo, prawn tempura,</i>	
<i>prawn sweet chilli, salmon & avo, veggie tempura,</i>	
<i>salmon & cream cheese salad, avo, iron,</i>	
<i>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.

