

FROM THE TAS FACULTY

T5 Chef for a Day

A small group of enthusiastic students recently participated in the T5 Chef for a Day competition held at Murwillumbah High School. Students planned and produced two serves of soup and a main meal to impress the judge. Our wonderful students produced potato gnocchi with a burnt butter sauce and butternut pumpkin soup with chive garnish.

Our students worked very well and presented the delicious meal for the judges consideration. While not placing first, our students were narrowly surpassed by strong competition from one of our neighbouring schools. Well done to our awesome chefs Chelsea and Elle!



HSC Industrial Technology Multimedia and Timber Furnishings

Our HSC students have been busily working to plan, design and produce some amazing HSC major projects for Industrial Technology course. Students studying the Timber Furnishings focus area have produced some very unique pieces of work including a day bed, standing cooler box and a rolled drawer shoe storage to name a few.



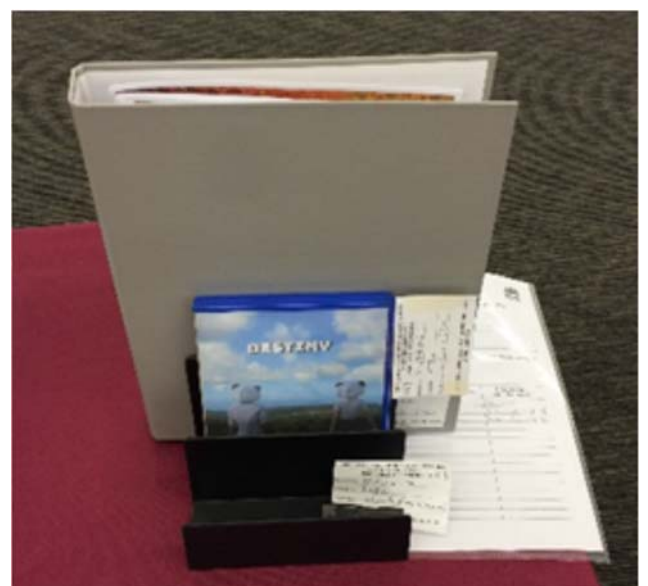
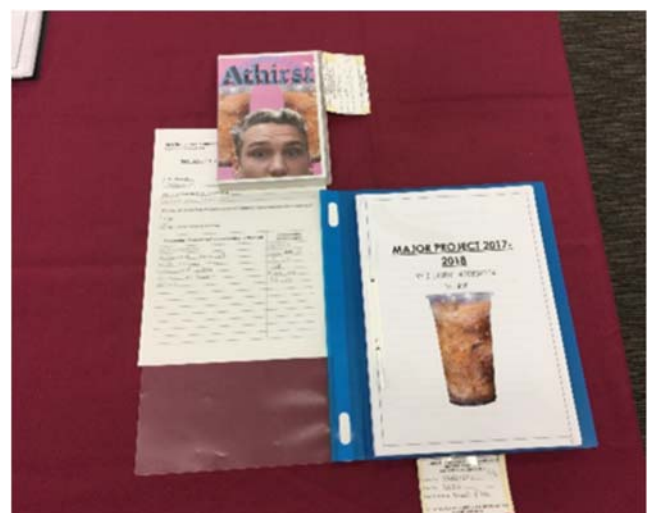
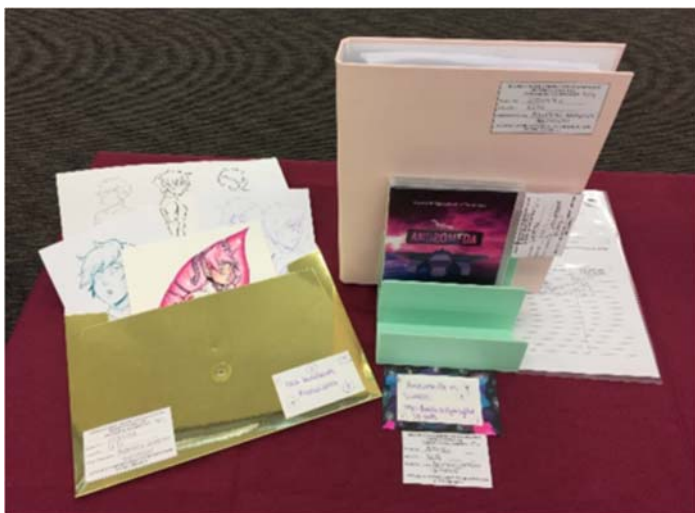
FROM THE TAS FACULTY CON'T

Students studying the Multimedia focus area have planned and produced original and creative short films that demonstrate their knowledge and skills in working with multimedia. A short video clip of the students work will be viewable on the schools Facebook page shortly.

All students have now completed their projects and presented them for marking by external HSC markers on Monday of week 7. Students will receive the results of their hard work with their HSC results at the end of the year.

Well done to all of our hard working students.

Mr Andrew Smith
Relieving Head Teacher, TAS



2018 SNOW EXCURSION



On Sunday 5th August, 4 teachers and 35 Year 9 and 10 students took off on our bi annual snow excursion. Our Sunday was predominately spent travelling to the snow fields with our arrival at River Inn, Thredbo not until 7.30pm that evening. We were surprised that when we arrived there wasn't much snow around and we found out that most of it had been washed away in recent rain a few days earlier. Nevertheless the group unpacked their skis and luggage, quickly ate dinner and then we walked over to the main ski field and threw a few snowballs before heading back to our accommodation for bed.

Monday saw our first official day on the snow with students engaging in lessons and being graded on their skiing or snowboarding ability. Throughout the day it became colder and as lunch arrived snowflakes started to fall. We were lucky enough to have snow falling from Monday afternoon all the way through to late Tuesday which accumulated something like 40 cm in this time. This was ideal conditions for the students and gave the snow pack a great boost for our week ahead.

Tuesday and Wednesday were powder days at Thredbo and after the lessons some students had the confidence and ability to explore larger sections of the mountain. Students were checking in with big grins on their faces after coming unstuck in what was some very deep snowy sections on the mountain.

Thursday was a bluebird day, with light winds and no clouds. After a quick group photo it was a magnificent morning and the weather allowed all students the opportunity to get up high on the mountain and take in the views of the Australian Alps. It was an ideal way to finish our time on the mountain. That evening our group were also treated to a fireworks display and were able to participate in night skiing which was certainly a different experience to daytime skiing and one in which some of our students certainly made the most of.

Our last day had arrived and after breakfast we packed up and headed to Canberra to visit Parliament house. We were taken on guided tour through the nations head office and we were able to get an insight into how the government works in Australia. We still had 3.5hrs ahead of us and after a lunch stop in Canberra we headed off to Sydney to board our plane back to Coolangatta.

Well done to our students and staff this year. We had a fantastic experience and hopefully one which you will remember for some time.

Mr Williams

Snow Excursion Organiser

CONGRATULATIONS TO THE FOLLOWING TAP STUDENTS ON THEIR RECENT SPORTING SUCCESS



Harrison Kortt 3rd Place at National Jiu Jitsu Championship in Melbourne



Malachi Dumas
NSW U15 All Schools Representative
Malachi competed at the Australian All Schools Tournament in Adelaide.



Bindi Ware
6 Gold medals at the National All Schools Swimming Championships in Hobart

TALENTED ATHLETE APPLICATION FORMS ARE NOW OPEN FOR 2019



TALENTED ATHLETE PROGRAM

APPLICATIONS FOR 2019 NOW OPEN!

If you would like to be part of an exciting team and want to further your achievement in sport, then you need to apply for the TAP program.

Please contact the school for an application form.

Applications close COB on Wednesday the 19/9.

Applicants will be notified by mail on the outcome of their application.



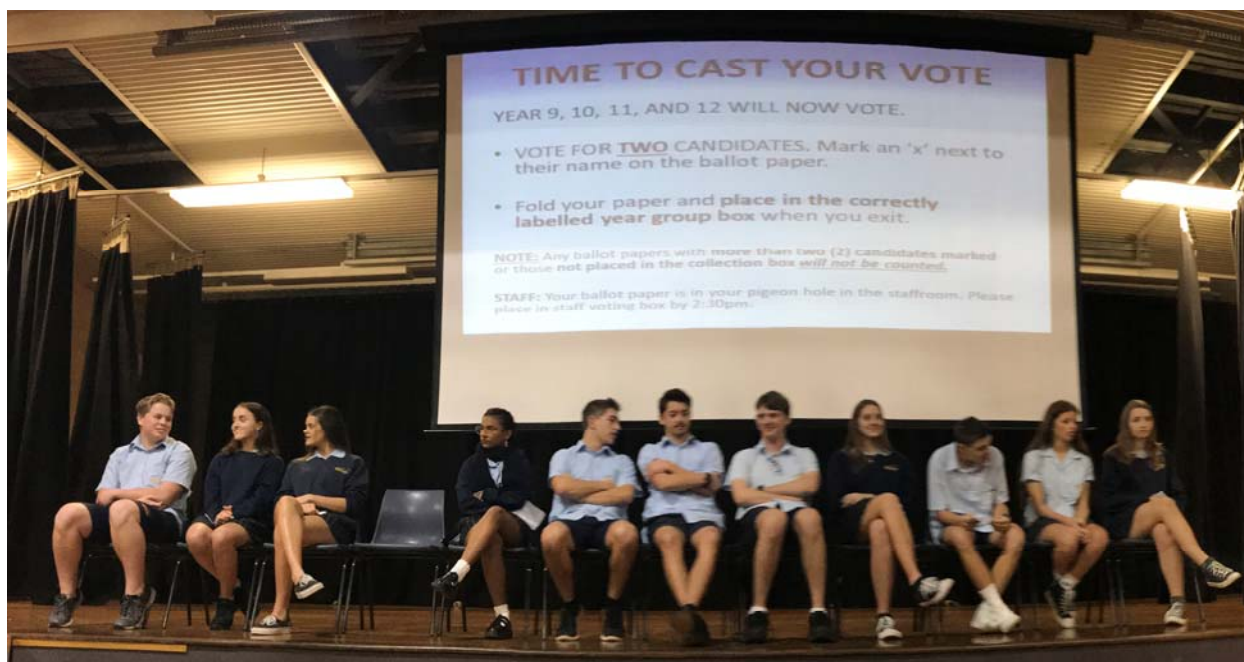
i'm lovin' it

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.”

2019 Captain Elections

I am in admiration of our Year 11 candidates who presented a speech to the school community as part of the annual School Captain Elections, last Wednesday. We had fourteen students nominate for six student leadership positions. Students and staff have voted following the 2019 captain's speeches and the current senior student leaders have counted the votes. The successful candidates will be announced at the Y12 Graduation Assembly on 28th September 2018.



Sydney University Workshops

Thank you to the team from Sydney University who delivered workshops for our students at BPHS. The workshops included Year 10 Preparation for Senior Study, Year 11 Thinking Ahead and Smash Essay Writing and year 12 Promote Yourself and HSC Prep.



FROM THE PRINCIPAL CON'T

Southern Cross University Unibound

Our Year 8 students participated in the SCU Unibound workshops. Students meet with university staff and student mentors to investigate the benefits of higher education through presentations, games and activities designed to build knowledge, awareness and confidence around university concepts and career choices.



The Tell Them From Me Parent Survey



The Tell Them From Me Parent Survey is anonymous, voluntary, and easy-to-use. It is based on a comprehensive questionnaire covering parents' perceptions of their child's experiences at home and at school. Insights into parent and staff communication, activities and practices at home, and parent voice on the school's support of learning and behaviour all build an accurate and timely picture that schools can use for practical improvements.

We value your feedback through this survey, please complete the survey online

<https://nsw.tellthemfromme.com/3dsqm>

Mr Christopher Randle
Principal

SCHOOL & COMMUNITY NEWS

HOMEWORK TIPS

It is true, that teaching and learning have changed a lot since you were at school. However, you can still help your child with their learning at home.

Try to stay involved

You don't need to know everything your teen is learning in high school to support them with homework. Just being there, showing interest and listening to them can help make your child feel supported—even if you can't help with the subject matter itself.

***Explaining deepens learning***

A good way to help your teenager with their homework is to ask them if you can look through their class workbook together. Get them to explain some examples that they have completed in class. Explaining the processes to you will deepen their understanding. If your teen has difficulty describing what they covered in class that day, encourage them to talk to their teacher.

Make study time count

You can help your teen manage their time to make their revision and study as effective as possible. Try the Pomodoro Technique®, which suggests learning in 25-minute chunks.

Some students find using a *whiteboard* near their desk to write the topics they need to focus on helps with time management, as they can see at a glance what they need to do.

A *calendar*, *planner* or a *diary* with the dates of assignments, tests and exams is also helpful. By planning ahead and starting early, they can break their study up into smaller more manageable tasks and feel more in control of their workload.

An advertisement for the 'Learning Potential' app. The background is bright yellow. At the top left is the Australian Government crest and the text 'Australian Government'. Below this is the 'Learning potential' logo, which features a stylized brain icon. To the right of the logo is a smartphone displaying the app's interface. Below the logo, there is text explaining that the app helps parents be more involved in their child's learning. Further down, there are two buttons: 'Get it on GOOGLE PLAY' and 'Available on the App Store'. At the bottom, there is more text about the 'Learning Potential Resources' website and a link to check it out.

SCHOOL & COMMUNITY NEWS



SEASON 2018/2019 IS ABOUT TO START

The Twin Towns Triathlon season is fast approaching and we would love to see you compete in the sport of triathlon. Come down on a Saturday morning to improve your fitness and enjoy the fantastic sport of triathlon. The Club is family orientated, caters for abilities and age groups, and is located in Banora Point.

Sign on: September 15th, 2018 between 6am and 7.30am

Venue: Oasis Pools, Banora Point

First race: September 22nd, 2018 through to March 9th, 2019

Cost: \$20 to buy your electronic timing chip (*this is a one off purchase*), \$5 per race for school students.

Race distances:

Intermediate:

- 300m swim
- 10km ride
- 2 km run Sprint: 500m swim
- 14.8km ride
- 4.5km run



Equipment needed: Swimmers, goggles, push bike of any type, helmet, front and back lights for your bike, joggers.

Start time: At the beginning, racing will start on Saturday at 6am until you get your handicap. Once you have a handicap time your start time will change. All competitors will be finished racing by 7.30am.

Registering: Please arrive no later than 5.40am on the Saturday morning to register for your race each week, registering online will be available once you have signed on the first time.

Website: Please go to the website for more information, contact details and answers to your frequently asked questions. <http://www.twintownstriathlon.org.au/>

THOUGHT OF THE WEEK

Do your work
with your
whole heart,
and you will
succeed -
there's so
little
competition.

- Elbert Hubbard

QuotePixel.com

SCHOOL & COMMUNITY NEWS



Banora Point
HIGH SCHOOL

BACK TO BASICS

Schoolwear & Sportswear

UNIFORM STORE

OPENING HOURS

2017-2018

TERM 1 & 4

Monday 1.45pm - 3.00pm

Tuesday 1.45pm - 3.00pm

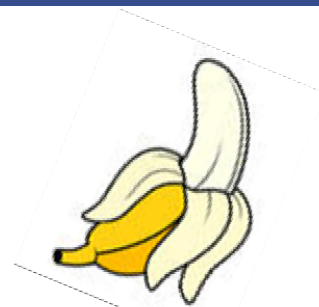
Thursday 8.00am - 11.00am

TERM 2 & 3

Thursday 8.00am - 11.00am

Uniform Store is located upstairs in J Block





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

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|------------------------|--------|
| 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

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|------------------------|--------|
| 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

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|-----------------------|--------|
| Ham & cheese | \$3.50 |
| Chicken, cheese & avo | \$4.00 |

Others

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|---------------------|--------|
| 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

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|--|--------|
| 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

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|--|--------|
| 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, vege tempura,</i> | |
| <i>salmon & cream cheese salad, avo, iron,</i> | |
| <i>california roll (crab, avo & egg).</i> | |

Salad Boxes

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|-------------|--------|
| Fruit salad | \$3.50 |
| Salad | \$3.50 |

Extras in Salad Boxes

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|--------------------|--------|
| Egg | 50c |
| Avocado | \$1.00 |
| Chicken, ham, tuna | \$1.50 |

Snacks

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|---|--------|
| 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.

