SRC TEAM-BUILDING EXCURSION

To begin the new year, the SRC decided that it would be very beneficial to run a bonding excursion with the purpose of unifying the new group. The group of 22 students travelled to Coolangatta to Tenpin Bowling, where we were split into small groups, mixed with different genders and age groups, and we battled out a couple of fun games.

The second half of the excursion involved sitting in Jack Evans Boat Harbour park in different small groups, where we took part in some team building activities, such as role playing different scenarios in partners. We sat down in the shade, and started making some plans for the year ahead. We wrote down some important ideas, such as activities for the year, which included fund-raising ideas or planning the next school social. We brainstormed some ways that we could work on unifying the school, and also opportunities for the Aurora Learning Community to be more involved in our great school. We also looked at ways that we could bring our SRC group closer, which we believe is a very important element to allow a happy and enthusiastic school. We need to build the enthusiasm, collaboration and teamwork within the SRC first, and the excursion was the first step. This day overall was highly successful. I feel as though our diverse group is already working better together, and I look forward to making future plans and goals with the 2014 SRC.

Laura Kyle, Vice Captain
From the Principal

Mr Greg Smith

Our March P&C meeting was well attended and we started with the Annual General Meeting. After the 2013 positions were declared vacant, nominations and voting resulted in:

- President - Ms Roslyn Foley
- Vice-presidents – Mr Paul Knight and Mr Brad Pullan
- Secretary – Ms Lisa Naumovski
- Treasurer – Ms Stacey Bech

Congratulations to the new team. I will take this opportunity to thank the outgoing P&C executive for their collegiality, support and ongoing commitment to improving our school. In particular, special mention needs to be given to our outgoing P&C president, Peter Kulmer. Peter took over the position at a time when there was no leader of the P&C to ensure that the P&C had appropriate representation in all forums. During Peter’s leadership the P&C assisted in a range of key areas, including fund-raising, event support, panel membership for merit selection of new staff, team membership for key school policy teams, and uniform review to name a few. Well done to Peter and his team, the school is a much better place due to your commitment and efforts.

The appeal period for our most recent merit selection finished a week ago and I am able to announce that the new Head Teacher Science is Mr Lachlan Klose. Lachlan will commence his role at the start of term 2. He comes from Richmond River High where he is currently relieving as Head Teacher Administration. Lachlan brings a range of skills that will add significantly to our leadership, faculty and whole school capabilities. The panel dedicated a large amount of time to making this important decision. I recognise the efforts of Lisa Naumovski (P&C), Kerry Stevenson-Worthy (Director’s representative), Janette Saunders (AECG representative) and Tracy Gee (Staff representative).

We are holding an expo evening tonight (Monday 17th March) in our library for parents and students from year 5 to year 12. It will consist of workshops on study skills, resilience, stress management, time management, reading to learn, effective maths practice and how to look after yourself while doing homework and study. We will start at 6.00pm and parents and students will be able to select which workshop they would like to attend. The expo will run for one hour and we are hoping to organise further events later in the year.

The school will be hosting the Watoto Children’s Choir on Friday 16th May. A performance will be held from 12.30 to 1.30pm in the hall for students from the Aurora Learning Community. This will be followed in the evening by a performance at 6.30pm for parents and community members. A small donation will be appreciated from attendees. The choir comes from Uganda and they have travelled internationally since 1994 as advocates for the 47.5 million children in Africa, orphaned as a result of HIV/AIDS, war, poverty and human trafficking.

A large portion of our RAM Equity Funding has been used to create the position of our second Deputy Principal. Mr Bristow was successful in the EOI that was conducted internally in 2013. The position has roles which are focused mainly on developing and co-ordinating Middle School programs, as well as whole school welfare and Learning and Support initiatives. This has involved further developments in our transition plan, including incorporation of gifted and talented programs. Mr Bristow is forming a team to review and further develop our welfare and behaviour management processes. This will provide a co-ordinated, clearly articulated plan and structure to provide the best possible support to all members of our school community. He manages staff professional learning in the areas related to student welfare, along with the development and implementation of our Steps to Success program.
From the Principal (cont)

Several other key roles include working with our early career teachers in ensuring that they get the best possible support and also in coordinating our teacher coaching program that involves both peer coaching and specialised coaching as part of our professional learning program. We will seek input from all sections of our school community during second semester when we review this initial use of our funding.

Robert Wiseman represented Banora Point High at the second round of the Lions Youth of the Year last week. Although Robert will not be moving to the next round, he acquitted himself well in all aspects of the competition, including interviews, prepared and impromptu questions. I would like to congratulate both of our 2014 Youth of the Year candidates, Laura Kyle and Robert. This was the first time that our school has been represented and I’m sure it was a valuable experience for both students. Bryan Shaw from the Lions Club has been very keen for the school to become involved and has been very supportive of the school.

Next weekend we have a team who are representing Banora Point High School for the first time in the Rotary Model United Nations program (MUNA). Thank you to Mrs Clurey for coordinating this with her stage 6 students, and Val Haywood from Rotary for providing us with such strong support. Good luck to the team in this excellent event.

Bryan Shaw from the Lions Club has been very keen for the school to become involved and has been very supportive of the school.

PRESENTATION OF BLAZERS TO OUR 2014 STUDENT LEADERS

The important role that the SRC performs was highlighted at a recent assembly with the presentation to the new student leaders of their own blazers. These were made for them to wear with pride in their roles as senior leaders within our school and the community. Newly elected P&C President Ros Foley and our Principal Greg Smith presented the blazers to the new Captains Avalon Price and Ethan Grant and new Vice Captains Laura Kyle and Benjamin Russell. The blazers were paid for and donated by the P&C.
On Thursday afternoons in the library until 3.30pm, students have an opportunity to play chess against others with a similar interest. Learning to play chess can:

- Raise intelligence quotient (IQ) scores
- Strengthen problem solving skills, teaching how to make difficult and abstract decisions independently
- Enhance reading, memory, language, and mathematical abilities
- Foster critical, creative, and original thinking
- Provide practice at making accurate and fast decisions under time pressure, a skill that can help improve exam scores at school
- Teach how to think logically and efficiently, learning to select the ‘best’ choice from a large number of options
- Challenge gifted children while potentially helping underachieving gifted students learn how to study and strive for excellence
- Demonstrate the importance of flexible planning, concentration, and the consequences of decisions

Reach boys and girls regardless of their natural abilities or socio-economic backgrounds
(source: Gardiner Chess website)

Any student is welcome to spend an hour in the library after school on Thursday either playing chess with other students or on the computers.

It is hoped that in term 2 we will start entering competitions.

If any families have a chess set at home that isn’t being used, could you consider loaning it to the group? It can be left at the library for future use.

by Louise Nizette
On Tuesday and Wednesday of this week, the Banora Point High SRC held events and fundraisers, raising money for the Leukaemia Foundation's World's Greatest Shave. On Tuesday a bake sale and hair colouring stall was held, with the baked goods kindly donated by Tweed Heads Bowls Club. On Wednesday’s assembly, we also had three brave people shave their heads. They were Tom Durey and Jessica Neal from year 12, and Kim Clurrey, teacher of HSIE and the year 7 Supernova class. Thanks to the generosity of the students and teachers, we managed to exceed our fundraising target of $1000. The SRC would like to thank everyone for their support, and we hope to raise even more in 2015!
YEAR 8 TAKE A STAND DAY

Last week Year 8 students had fun participating in a “REALskills” day called “Take a Stand”. This gets students thinking about issues that affect them every day including relationships with peers, bullying, self-image, resilience and more.

Activities were run throughout the day in both small groups and as a whole year group. By the end of the day students were able to identify healthy and respectful relationships and are more aware of the skills needed to face challenging situations in life.

Sheridan Hargeaves

STATIONERY FOR A CAUSE

Congratulations to Year 12 student Sam McIlveen for organising donations of stationery for Lembongan Island Primary School in Bali. The response has been overwhelming by Banora Point High School community. A special thanks to the year 12 student Rachel Grey’s neighbour who donated a large container of various items of new stationery including two 50 piece artists’ pencil sets.

It is astounding how generous Banora Point High School Students, Staff, and Parents are for a good cause. The collection is open until the end of Term 1 so if you have any stationery at home you are not likely to use in the near future would you consider adding them to this donation.
Monday 17 March 2014

ON THE WAVES

CANTEEN MENU

DAILY SPECIALS - PL ORDER

**MONDAYS**
- Filled Potatoes with sour cream & cheese
  - Ham
  - Bolognaise
  - 3.50
  - 4.00

**TUESDAY’S**
- Tandoori Chicken Wrap
  - 4.00
- Tandoori Chicken with salad & Sour Cream

**WEDNESDAY’S**
- TBA
  - TBA

**THURSDAY’S**
- Eagle Boys Pizza (equal to 2 slices)
  - Hawaiian
  - Meatlovers
  - Vegetarian
  - Cheese
  - 3.50

**FRIDAY’S**
- Nachos
  - with Sour Cream & Sweet Chilli Sauce
  - 3.50

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2014 MENU
BANORA POINT HIGH SCHOOL

**DRAINS**
- Bottled Water - 600ml
  - 1.20
  - - 750ml sip cap
  - 1.20
- Milk - Plain 300ml
  - 1.20
- Poppers - apple, orange, tropical
  - 1.60
- Focus Water
  - 1.80
- Crazy Lemon Lemonade - small
  - 1.80
  - - large
  - 3.00
- Slushie - small
  - 1.50
  - - large
  - 2.30
- Up N Go - Choc, Strawb, Banana, Vanilla
  - 2.00
- Flavoured Milk - 200ml
  - 2.00
  - - 500ml
  - 3.20
- Iced Coffee
  - 3.20
- Hot Chocolate
  - 2.50
- Juice - 250ml - 33%
  - 2.50
  - - 500ml - 100%
  - 2.50
- Iced Tea
  - 2.50
- Boost Juices - 550ml bottle
  - 3.00
- Energy Lift, Greens Recovery, Wildberry Skinny, Superfruit Immune

**ICE TREATS**
- Frozen Juice Cup
  - 1.70
- Merry Frozen Pops
  - 1.70
- Calippo
  - 1.00
- Icy Twist
  - 1.20
- Paddle Pops
  - 1.50
- Paddle Pop Shaky Shakes
  - 2.00
- Frozen Yoghurt
  - 2.00

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PLEASE NOTE: Limited items will be available over the counter. To guarantee your choice is available, please pre-order. This can be done online at www.munchmonitor.com.au, or in person at the canteen. Orders can be placed for recess or lunch.

**SANDWICHES**
- Vegemite
  - 2.00
- Cheese
  - 2.50
- Egg - plain or curved
  - 3.00
- Tuna
  - 3.00
- Lean Ham / Chicken Breast
  - 3.00
- Salmon
  - 3.00
- Baked Beans/Spaghetti
  - 3.00
- "Salad" - lettuce, tomato, beetroot, carrots & cucumber
  - 4.00

**EXTRAS**
- Salad
  - 1.00
- Cheese/egg/Avocado
  - 0.50

**WRAPS**
- Salad with mayo
  - 3.00
- Chicken & Salad with mayo
  - 4.00
- Ham & Salad with mayo
  - 4.00
- Tuna & Salad with mayo
  - 4.00

**SPECIAL WRAPS**
- Comes with lettuce, tomato, cheese
- Mexican Wrap
  - 4.00
- Race style mince with corn, avocado & sour cream
  - 4.00
- Sweet Chili Tender Wrap
  - 4.00
- Sweet Chili coated chicken tender with sweet chili sauce

**BURGERS**
- All burgers include lettuce, cheese, tomato & beef/soy with your choice of tomato, BBQ, sweet chilli sauce, aioli or mayo.
- Cheese Burger - beef & cheese
  - 3.50
- Chicken Burger
  - 4.00
- Fish
  - 4.00
- Veggie
  - 4.00

**PIES & SAUSAGE ROLLS**
- Sausage Roll
  - 2.70
- Plain Pie - small
  - 2.20
  - - large
  - 3.50
- Flavoured Pies
  - 3.90
- Spinach & Ricotta Roll
  - 3.00
  - Source - Tomato or BBQ
  - 0.20

**TOASTED SANDWICHES**
- Ham & Cheese
  - 3.50
- Chicken, cheese & Avocado
  - 4.00

**OTHERS**
- Corn on Cob
  - 1.20
- Potato Wedges (cup)
  - 3.00
- Hot Dogs - fat free
  - 3.00
- Chicken Chippies
  - 3.50
- Macaroni Cheese
  - 3.70
- Lasagne
  - 3.70

**FRESH SUSHI**
- Fresh Sushi
  - 2.40
- Chicken & Avocado, Chicken Teriyaki, Honey Soy Chicken, Tuna & Avocado, Tuna, Prawn Tempura, Prawn Sweet Chilli, Salmon & Avocado, Salmon & Cream
- Cheese, California (arb, avo & egg)
- Vegetable Tempura, Salad, Avocado, Inari

**SALAD BOXES**
- Fruit Salad
  - 3.50
- Salad
  - 3.50
- Includes lettuce, tomato, corn, beetroot, carrot, cheese & cucumber

**EXTRAS IN SALAD BOXES**
- Egg
  - 0.50
- Avocado
  - 0.50
- Chicken, Ham, Tuna
  - 1.00

**SNACKS**
- Sumo Biscuits
  - 0.50
- Fruit - banana, Orange, Apple, seasonal fruit
  - 1.00
- Popcorn
  - 1.20
- Assorted Chips
  - 1.30
- Cheese & Bacon Rolls
  - 1.80
- Yoghurt
  - 1.80
- Finger Buns
  - 2.00
- Muffins
  - 2.50
SAVE TIME!
ORDER ONLINE
FROM THE CANTEEN

- Save time
- Easy & convenient
- Top up money online or at the canteen

Set up a pre-paid account with MunchMonitor & order online from the canteen and also allow your child to pay for over the counter purchases using their student card.

1. Go to [www.munchmonitor.com](http://www.munchmonitor.com)
   - Enter Username: banorahs
   - Enter Password: munch2486

2. Click on ‘Sign Up’

3. Enter your own username (email address) & password. Click ‘Create Your Account’. An important email will be sent to you

4. Find the email & click the link to activate your account. Check your junk mail folder in case the email has been treated as ‘spam’.

5. Enter your own Username (email address) & Password then click ‘Activate My Account’

6. Follow the steps to complete the setup.

7. Once you have put money into your account, you can order online 24/7.

**NOTE:** You can top-up your account with a credit card online or use cash at the canteen.

Remember to login using your own Username and Password whenever you return to [www.munchmonitor.com](http://www.munchmonitor.com)

Need more info? Email help@munchmonitor.com
BACK TO BASICS
Schoolwear & Sportwear

UNIFORM STORE
OPENING HOURS

2014
TERM 1 & 4
Tuesday 12.30pm—3.00pm
Thursday 8.00am—11.00am

TERM 2 & 3
Thursday 8.00am—11.00am

Uniform Store is located upstairs in J Block
Credit Cards and EFTPOS accepted—sorry no cheques
Young Drivers aged 17-25 years.
Why are they at risk?

Facts:
1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups, especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
   - Drink driving
   - Driver fatigue and distraction
   - Not using seat belts

Driver inexperience: Often young drivers don’t realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver’s skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what’s happening on the road.

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn’t feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website www.rrisk.com.au
COMMUNITY NEWS

SOUTHERN CROSS TAE KWON DO

Classes conducted at Banora Point High School

PROMOTE SELF-ESTEEM  
INCREASE SELF DISCIPLINE  
LEARN SELF-DEFENCE  
NO COMPETITIONS – NO TROPHIES,  
ONLY SELF IMPROVEMENT  
INTERNATIONALLY QUALIFIED MASTER INSTRUCTOR  
BEGINNERS WELCOME OF ALL AGES

Tuesday & Thursday Nights  
Juniors 5:30pm (Approx 6 - 12 yrs)  
Seniors 6:30 pm (Approx 13yrs to Adult)  
Call Michael -0414 96164

INSTRUMENTAL MUSIC LESSONS 2014

If you are interested in advancing your skills or even taking up a musical instrument, please call Andrew Best on 0439 110 255.

Andrew teaches flute, clarinet, saxophone, trumpet, trombone (most to advanced levels)

If in need of an instrument to start, he can help you with this too

Tweed Slammers Basketball

Registration  
2014 Season

please contact Shaun McDonagh on tc_slammers@hotmail.com or call 0408138849

Kingscliff District Football Club are currently registering players from U6 through to Seniors both boys and girls.

To register go to www.kingsclifffootball.com.au

FRIENDS OF THE POUND - CAT ADOPT-A-THON

Friends of the Pound Tweed will be holding an “Adult Cat Adopt-a-thon this event will be held for two days over the weekend of the 22nd-23rd March, 10.00 am - 3.00 pm at our Rehoming Booth inside 100% Pets shop, Harvey Norman Homemakers Centre Greenway Drive South Tweed Heads

Please bring your cat carrier with you
Wednesday 19 March
Year 6 visit by Centaur, Terranora & Banora Primary Schools

Thursday 20 March
Defence Force Careers Presentation
All YEARS

Monday 7 April 7pm
P & C Meeting

COMMUNITY NEWS

UPCOMING EVENTS

THOUGHT OF THE WEEK

One machine can do the work of fifty ordinary men.
No machine can do the work of one extraordinary man

Elbert Hubbard

If interested in getting a team together please speak to Miss Ramos (SRE Teacher)
This is an initiative of the Aurora Local Churches.

INDOOR SPORTS NIGHT

Cost: $5
Who: High School
Aged Youth
Sports: Netball & Volleyball

Time: 6:30-9:00pm
Date: 21st of March
Place: Chinderah Sports Centre

Fancy Dress - Best Face Paint Wins!!!
COMMUNITY NEWS

SHOWBAG ORDERS CAN BE MADE THROUGH OUR OFFICE BY FRIDAY 21 MARCH

AND

UNLIMITED RIDE BANDS CAN ALSO BE ORDERED BY FRIDAY 28 MARCH
Surfside Bus lines are presently conducting a program encouraging students that do not have a bus pass, to obtain one. If you are eligible, you travel FREE on their buses and this in turn helps the environment with less fuel emissions, mums and dads time, congestion at school entrances and buses run on time with less traffic congestion.

Application forms are at the school office so fill one in and see if you are eligible. Surfside also state that if you have a bus pass, then you are also eligible to enter a future completion with a HUGE first prize!!! Details in the coming weeks.

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**Surfside BUSLINES**

**School Transport Services**

Catching a school bus is as easy as ABC...

A Application - Fill out an application form. Eligible children travel FREE. Applications are available from school administration.

B Bus Pass - Remember to show your bus pass EVERY time you travel or have the correct change for your fare.

C Check out www.surfside.com.au for full details on bus timetables and how to apply for a bus pass.

Application forms are available from your school Administration office. When complete, mail the application to: Surfside Buslines, PO Box 3036, Robina QLD 4226.

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**Tweed Coast Driving School**

**Pedals Driving School**

10% OFF YOUR FIRST LESSON

QLD & NSW Accredited
High Focus on Safe Driving
Experienced instructors
Excellent Pass Rate
Free lesson with Keys to Drive
ADTA Member

0421 797 087

www.pedalsdrivingschool.com.au
FOCUS: I am responsible for my actions in the canteen and front office

This means:

- I always say please and thank you
- I buy only for myself at the canteen
- I make payments to the office by the due date and only during break times

CHANGE OF INFORMATION

The school is installing a new roll marking/sms network system which requires up to date changes in email addresses and mobile telephone numbers of carers/parents. If you have changed your mobile in the past and feel you may not have informed the school would you please complete this form along with the email address.

Student Name: .................................................................................................................. Year: ...................................

Father’s Mobile No.............................. Mother’s Mobile No................................................

Home Telephone No.............................. Emergency Contact No................................

Comments: ..............................................................................................................................

PARENT EMAIL ADDRESS

SCHOOL NEWSLETTER

We now endeavour to email our School Newsletter to parents directly to their email address. Our goal is to have our Newsletter a paperless one. We would appreciate it if you would update us with changes to your email address in order for us to keep you in the loop. Please fill in the section below and have your child bring it to the front office.

Our fortnight Newsletter is available on our website at www.banorapnt-h.schools.nsw.edu.au

Student Name/s: ................................................................. Year: __________________

Email Address School Newsletter to be forwarded to: ..........................................................

On The Waves