Banora Point High
Athletics Carnival

What another magnificent effort from our students at BPHS. The participation was once again first class and behaviour exemplary. The house points were a really close affair this year with only 50 points separating 1st and 4th place.

This year the final standings were

Freeman  504  
Thorpe    502  
O’Neil    458  
Bradman  455  

A number of records were broken as well with the following people improving the schools best results:

Holly Fittler – Girls AWD Discus, Girls AWD Javelin, Girls AWD Long Jump
Giovanni Stewart - Boys AWD Shot Put,
Maddison Micelli- Girls AWD Shot Put
Kaleb Green – Boys 17 plus High Jump
Bonnie Cather- Girls 13’s High Jump

Well done to all students and staff for a wonderful day!

*The Winning House: Freeman*
Banora Point High Athletics Carnival Cont.
Banora Point High Athletics Carnival Cont.

Athletics
Thursday June 12, 2014

Upon signing our permission slip for the Science and Engineering Challenge, held at the Southern Cross University, we were all ready to get elbow deep in all things science. Little did we realise what a long day it would be.

Myself and fellow peers had organised ourselves into groups of two or three. There were 8 different schools and 8 activities. Koen Sleba, Luke Russell and myself had ourselves a hard challenge; we had to build a bridge from limited amounts of brittle balsa wood, strips of tape and pins. Surprisingly the bridge appeared quite strong, however I suspect unforeseen forces (Mr Leighton) played a part in the bridge’s demise, even before the weighted trolley ran across it bringing about its final destruction.

After the activities ended and the scores were tallied (we didn’t win) everyone was keen to get home. It was just our luck that the bus wouldn’t start; the battery was flat. The attempts by the uni security team to jump start the bus was to no avail.

Eventually, after hungrily eating pizza waiting for the new battery to be put in, we were on our way. Despite the late arrival home, everyone had a great day; many laughs and some learning here and there.

Jake Fittler (year 10)
CONGRATULATIONS to the BPHS Senior Debating team for proudly representing our school in the NSW Premier’s Debating Challenge 2014. This is our school’s second senior debating team and they need to be congratulated for their determination and commitment throughout the challenge. During the term we debated against Tweed High, Murwillumbah High, Byron Bay High and Alstonville High. Our team enjoyed some wins and also showed grace when defeated.

This year’s senior team included students from years 11 and 12 who were able to manage their studies with this extra-curricular activity: Laura Kyle, Michaela McLeod, Robert Wiseman and Chelsea Way. In each debate they showed an impressive amount of general knowledge from their areas of interest and current affairs. They used their wit, wisdom and sense of humour to engage the audience and challenge the opposition. The adjudicators said that our students showed excellent team work skills by their ability to quickly bounce ideas between each other.

“A very strong and impressive team who obviously enjoy the challenge.”

Laura has been invited to participate in an adjudicator training course when she has completed her HSC this year.

For the other senior team members we encourage you to participate in another battle of the minds next year.

Be committed, Be creative, Be challenged.

Ms Marelda McLean
Senior Debating Co-ordinator
Our tenth anniversary celebration on Friday 20th June was very successful and I would like to thank all the students, staff and community members who assisted with the organisation and participated on the day. It was wonderful to see so many ex-students and members of staff come to the event and hear the stories from the early days of our school. It was obvious that the school has a special place in the hearts and minds of our former students and teachers. Our challenge is to continue to capitalise on the excellent foundations that are in place to ensure that Banora Point High School continues to be a school of first choice in the Tweed.

A recent P&C fundraising activity was held at the Tender Centre. It involved running a BBQ on the Saturday and Sunday to help raise funds for our school. The contributions of all parents, staff and students who assisted were greatly appreciated. Special mention to Mr Paul Knight, and his daughters Alice and Mekala who were involved in the set-up and clean-up on both days and worked throughout every shift for the two days. That is indeed dedication to our school. Also, a special thanks to Premium Bakehaus in Wharf Street Tweed Heads who donated all of the bread for the fundraiser. Your community spirit is greatly appreciated.

Today the T5 schools’ SRC representatives met at Banora Point High School to plan for collaborative leadership activities across our five schools. They were very productive and have drafted a purpose-driven planning document that will be the foundation for their future development as a team. The program was supported by Mr Bristow as the facilitator, and Sylvia Roylance, Tweed Youth Development Officer. Their input was appreciated, along with the support from each of the T5 schools.

I take this opportunity to wish everyone a safe and interesting break and look forward to another successful term. Our school development day is Monday 14th July. Students return on Tuesday 15th July.

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**BANORA POINT HIGH’S HEALTHY SCHOOL’S PROGRAM**

At Banora Point High School we are proud of our pro-active approach in educating and managing your child’s health and wellbeing. Our staff take a genuine interest in each child by offering them their best guidance in health related issues.

We are very fortunate to have the Tweed Healthy School’s Project located on our campus for 2014. This project is a unique collaboration between our school and students who are studying health science degrees at Bond, Griffith and Southern Cross Universities. University students will have the unique opportunity to gain clinical experience working with staff, children and their families within the school setting, which is very different to clinical placements offered in a hospital or community health organisation. Ultimately, this experience will better prepare university students in their role as future health care professionals and the school will hopefully benefit from the health services and programs offered by the students. It is a ‘win-win’ for both parties.

During Term 1, a Healthy School’s Program aimed at improving the health and wellbeing of staff and students was developed for our school by Tweed Healthy School’s Clinical Coordinator, Kirstin Macdonald and Banora Point High School’s Healthy School Liaison Officer, Marelda McLean. This year’s program offers a number of elements whereby students and staff can access information and support with health related issues. These include:

- individual health assessments for students
- a Year 7 tailored health program
- physical activity breaks during class
- a healthy workplace initiative for staff
- health promotion activities (e.g. at school, via newsletters, school website).
The university students will always be working under the supervision from qualified health professionals, including the Clinical Coordinator (a qualified physiotherapist) and will offer the best of care to your child.

Griffith University Nutrition & Dietetics students

(L>R Sarah Marron, Christina Turner (Clinical Educator), Natalie Colson, Jillian Dray, Wendy Stevens, Kirstin Macdonald (Clinical Coordinator)).

WHAT'S ON!
Over the last 4 weeks, students who are studying Nutrition and Dietetics at Griffith University have been on site. Their project has focussed on developing a healthy workplace initiative for staff at Banora Point High. As part of their project, they developed an Easy Healthy Recipe Resource for staff.

We would like to introduce you to the NSW Healthy Kids Website, an exciting and useful website containing information on healthy eating and physical activity for kids, parents and teachers. Available at the following link: http://healthykids.nsw.gov.au/.
Bean Brownies
Delicious and guilt-free treat

Serves: 20
Preparation time: 5 minutes
Cooking time: 20-25 minutes

Ingredients
400g can white beans such as butter beans
600g box chocolate brownie mix (I use Coles Fudge Brownie mix)

Method
1. Drain and rinse beans, well. Put beans back in the can and fill can with water. Put beans and water in blender and blend until smooth.

2. Mix blended beans with brownie package mix. DO NOT add eggs or oil/butter. Spray 30x15cm baking tin. Cook brownies according to package directions. Cool and cut into 20 serves.

Nutritional Information (per serve):
Calories: 140, Saturated Fat <1g, Sodium 156mg, Total Sugar 12g

Recipe adapted from: www.skinnytaste.com
The end of Term is upon us and I hope everyone has a restful break and enjoys some quality family time.

For Year 12 students it should be a good break for them to do some much-needed study and start to research what they are hoping to do in 2015. Term 3 is going to fly by for these students as Early Entry for University and Scholarship Applications open. UAC and QTAC books are due to arrive any day but students can start looking at their options online.

www.uac.edu.au               www.qtac.edu.au

If you would like to discuss anything with me, please send an email with your contact details and I will phone you as soon as I am free. jessica-lee.dreyer@det.nsw.edu.au.

Have a great fortnight.

DATES UP AND COMING

- Year 11 Biology Lab – Friday 25th July, Griffith University GC Campus
- Year 10/11 Gold Coast Health Careers Forum – Friday 1st August, SCU Gold Coast Campus
- Year 12 Health & Exercise Science Conference – Wednesday 6th August, Griffith University GC Campus
- Year 9 Uni-Bound Workshop – Thursday 7th August, SCU Gold Coast Campus
- Year 7 Uni-Bound Workshop – Tuesday 18th November, SCU Gold Coast Campus

SOUTHERN CROSS UNIVERSITY – ACCESS UPDATE

The wonderful Caitlin Burcher who is in charge of the Access Program at Southern Cross University, in which 11 of our Year 12 students are enrolled, has been keeping me up to date on their progress, and all students have settled in well and doing fantastically. Students are just about to complete the “Get Focused” topic, where they have looked at goal setting, job and study information and study skills. Students have been orientated well into University Life and have attended sessions run by industry speakers as well. Next topic to be covered is “Get Skilled” which looks at the Language and Learning of various Disciplines. Well Done to all of our students.
CONGRATULATIONS

Three Year 12 students have been hard at work completing their commitments to the Griffith University Business Program. They attended their second workshop in the 2nd week of the recent school holidays, and their results have come through at an outstanding level. These students have 1 more workshop to attend on the 22nd July, and that completes the program. With a successful result at the last workshop, these 3 students will be offered a place in a Business Degree at Griffith University in 2015. Congratulations to Jackson Myer, Laura Kyle and Ryan McMullen. FANTASTIC EFFORT!!!!

Congratulations Jackson

I’d also like to take this opportunity to congratulate Jackson Myer in Year 12 for making it through to the final part of the interview process in his application for ADFA, The Australian Defence Force Academy. Jackson travelled to Brisbane on 6th June and has just discovered that he has been successful in his application. Jackson will join the Air Force and study Inventory Management and Supply as part of becoming a Logistics Officer.

ARE YOU INTERESTED IN TEXTILES & FASHION

HAVE YOU THOUGHT ABOUT A CAREER THAT COULD SATISFY YOUR PASSION FOR FASHION AND MATERIALS?

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<tr>
<th>Fashion Editor</th>
<th>Stylist</th>
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<td>Fashion Designer</td>
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<td>Textiles Designer</td>
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CONGRATULATIONS

Mrs Naughton and her Year 11 Preliminary Textiles class deserve a very special mention in this newsletter. Last week I was invited into her class to look at the amazing quilts that the students had made. These students have never sewed before and within a Term and a half Mrs Naughton has taught them to skilfully sew and the students have produced absolutely outstanding pieces of material. Students have been studying “Furnishings” as part of their first topic and certainly have excelled in the practical components of the course so far. Well Done.
GO HEALTH GO GRIFFITH – EXERCISE SCIENCE LAB DAY

On the 10th June, I was privileged to take 4 Year 11 students to their Exercise Science Lab at Griffith University Gold Coast Campus. These boys are studying a 1st Year University Course and upon attending 1 Lab in Year 11 and 1 Lab in Year 12, and completing 2 external exams, they will gain credit and guaranteed entry after the HSC into 1 of 9 Health/Science degrees.

The Lab consisted of the students doing some testing of the core group of muscles, learning specific anatomical terms and muscles, and completing sub-maximal VO2 tests. It was a great day full of practical learning. Well done to Drew Jamieson, Kaleb Green, Jordan Morgan and Lachlan Morgan for representing the school and themselves so outstandingly on the day. A big thank you Dr Suzzie Owen for hosting us and allowing these students this wonderful opportunity.

If you would like to find out more information about Go Health Go Griffith please go to the following link:
Are you visiting the school?

From time to time, visitors come to Banora Point High for a range of reasons. These may include making payments at the office, attending a meeting or working with the staff for the day. The safety of our visitors is as important to us as the safety of our students and staff, and for this reason it is essential that all visitors are accounted for and have permission to be on the school grounds.

All members of our school community are requested to present to the administration staff and sign-in at the front office. The administration staff will contact teaching staff where appropriate to announce your arrival and give you directions as required. Visitors will be given a slip to identify themselves. Your adherence to this process is appreciated and will ensure our ongoing commitment to our school community’s safety.
Ever wondered who goes to university, how they got there, what can be studied and what it’s really like?

If you’re in year 7, 8 or 9 and would like to find out about going to university, UNI-BOUND is a chance to meet university staff and students, ask lots of questions and discover a whole new way of thinking about university!

Southern Cross University will host Year 7 students participating in the UNI-BOUND program at Gold Coast campus for a “Uni Opens Up Your World” experience.

You’ll find out more about our courses, university life and the types of services and support we provide to help you achieve your potential. You are welcome to bring along a friend or family member to explore our beautiful campuses and facilities. There will be an opportunity to meet with SCU staff and our student ambassadors. Campus tours will also be available.

→ Thursday, 11 December 2014
Southern Cross University will host Year 9 students participating in the UNI-BOUND program at Gold Coast campus for a “Going To Uni” experience.

Students will meet with university staff and UNI-BOUND Mentors. They will participate in a range of study skills sessions and explore academic pathways and career contexts for different university courses. Transport to and from the event is provided by the University.

Indigenous Events

Parents and community members are invited to take part in the University’s Sorry Day and NAIDOC celebrations at Gold Coast campus.

NAIDOC: Week of 14 July 2014

Multi-cultural Celebration

Parents and community members are invited to take part in the University’s Fusion Festival – a multi-cultural celebration of our diversity – at Gold Coast campus.
Kingscliff TAFE is pleased to confirm that 18 Danish students (mainly 17 & 18 year olds) are coming to study Certificate III in Pathways to Further Studies. They arrive on Thursday 10 July and will be staying until Tuesday 2 December 2014.

ARE YOU INTERESTED IN HOSTING A LONG TERM STUDENT?

If so please call Jackie Whitney on 02 6674 7256

What do you need to do?

- Provide accommodation in separate rooms and provide breakfast, lunch and dinner daily
- Drop off and collect students from Kingscliff campus Monday—Friday
- Provide internet access
- Preferred location—Banora Point, Kingscliff, Cudgen, Casuarina, Cabarita
- Undertake a Working with Children check under the NSW government regulations of the Child Protection Act.

Homestay Families

Children between 0-18 years who have a Medicare card are eligible for FREE dental services at any of the NSW Health public dental clinics located at the Tweed Hospital, Pottsville Health One and East Murwillumbah Public School.

Please phone 1300 651 625 to register for an appointment.
COMMUNITY NEWS

PARENTING COURSES

YOUNG MUMS TO BE
Wednesdays July 23–August 27, 10am–12.30pm
6 week course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, birthing positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun. New clients accepted throughout the course.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: NO COST

123 MAGIC
Thursdays August 7 & 21, 10am–12pm
3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $15

TRIPLE P COURSE
Tuesdays July 22–September 2, 10am–12.30pm
7 week parenting course (6 group sessions plus a telephone contact) for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: NO COST

UNDERSTANDING TEENAGERS
Fridays August 1 & 8, 9.00–3.30pm
A 2 day course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist in supporting them safely through adolescence. Topics include: the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points and behaviour, and talking through challenging issues.
VENUE: MURWILLUMBAH COMMUNITY CENTRE
COST: $30

TRIPLE P SEMINARS
Fridays August 15, 22 & 29, 8am–10.45am
Three seminars: “The power of positive parenting”, “Raising confident, competent children”, and “Raising resilient children”. These informal presentations offer a brief introduction to the Triple P strategies and deal with the most common parenting issues we all face. The seminars take around 60 minutes and then have time for questions. You can choose to do one or all of them. Childcare can be provided.
VENUE: TWEED HEADS SOUTH PUBLIC SCHOOL
OPEN TO PUBLIC.
COST: NO COST

“I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I’m finding if situations do arise that challenge both of us, we are able to work it out.”
PARTICIPANT – UNDERSTANDING TEENAGERS

“My son loves coming to playgroup each week. I also look forward to the interaction with other parents. The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!”
PARTICIPANT – PLAYGROUP

FAMILY CENTRE PLAYGROUP
All playgroups 9.30–11.30am
Find connection with other parents/carers and children while learning and playing together.
Access information regarding parenting and appropriate local services.
COST: NO COST

Monday – Banora Point
Tuesday – Cabarita
Wednesday – Murwillumbah
Thursday – Tweed Heads
COMMUNITY NEWS

RELATIONSHIP COURSES

ANGER: MAKING IT WORK FOR YOU
Friday August 29, 9.30am–3.30pm
A course for men and women. Content includes: identify what anger is and what it does; what triggers your anger and ways to make it work for you and your relationships.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $15 (INCLUDES LUNCH)

HEALTHIER RELATIONSHIPS: COMMUNICATION
Saturday August 30, 9.30am–3.30pm
This 1 day course explores stresses on healthy relating, roadblocks to communication, listening, assertiveness, managing emotions.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $15 (INCLUDES LUNCH)

WELLBEING COURSES

THE MINDFUL ART OF STRESS REDUCTION
Friday September 12, 10am–2.30pm
This 1 day course explores the many avenues that support us to manage the challenges we face in our lives as parents, partners and family members. It will introduce us to a knowledge and understanding of stress. We will discuss and explore techniques of mindfulness and use creative activities to help develop awareness, supporting us to reduce stress in our lives.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $15 (INCLUDES LUNCH)

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN
Wednesdays July 16–September 3, 5–7.30pm
8 week self-awareness & self-development course for men. Designed to assist men with parenting, maintaining healthy relationships & making positive life choices.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $40

COURSES FOR WOMEN

PATHWAYS TO CHANGE FOR WOMEN
Thursdays, July 17–September 4, 9.30–11.30am
8 week self-awareness & self development course for women. Designed to assist women with maintaining healthy relationships, parenting & making positive life choices.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $40

HOLDING SUCCESSFUL DIFFICULT CONVERSATIONS
Saturday September 13, 9.30am–3.30pm
This 1 day course explores steps for handling life’s most difficult and important conversations in valued relationships with partners, family, friends and colleagues. You’ll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.
VENUE: MURWILLUMBAH COMMUNITY CENTRE
COST: $15 (INCLUDES LUNCH)

FINDING THE BALANCE
Fridays August 15 & 22, 9.30am–2.30pm
This 2 day course will explore the impact of the day to day stresses of parenting and the importance of finding the balance. You will learn how to increase wellbeing and promote positive relationships. The workshop will help you to develop your self-care goals and plan to find the balance in your life.
VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: $30 (INCLUDES LUNCH)

BOOKINGS ARE ESSENTIAL
For further information on any of our courses or workshops please call 9am–12.30pm Monday–Friday
(07) 5524 8711
www.thefamilycentre.org.au

If you are unable to pay for course fees please talk with our intake worker or the course facilitator. The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.
COMMUNITY NEWS

Friends of the Pound

“Can you help our organisation Friends of the Pound recruit new foster carers for dogs and cats. At present there is much movement in the rental market and people who have pets cannot take their family pet with them when they move house, the only option is to surrender their pet to the Tweed Shire Pound, Friends of the Pound or the RSPCA. Our only limitation is the availability of suitable foster carers, can you help us save a life. Friends of the Pound supply all food, medical supplies and vet work if needed. Please contact Pam (dogs) 0421017461, or Sonia (cats) 0439766243”

Kind Regards
Sonia Trichter,
President,
Friends of the Pound (Tweed) Inc.,
Tweed Woman of the Year 2014

ADOLESCENT VACCINATION PROGRAM

Please be informed that stage 2 of the 2014 Year 7 Boys and Girls and the Year 9 Boys Vaccination program took place on Tuesday 6TH May. Due to a state wide shortage of Varicella, the Chicken Pox needle will be unable to be administered at this time. Gardasil, (HPV), was administered on the day as was catch up doses of Boostrix and HPV for those who missed out earlier in the year or last year. Stage 3 of the program will take place on the 9TH of September and may involve the Chicken Pox needle if supplies have been replenished. Please contact Mr Bristow if you have any queries.

COMMONWEALTH RESPITE & CARELINK CENTRE
FAR NORTH COAST

Our Centre is here to support family members, friends or neighbours (carers) who provide a significant amount of help to someone who is a frail older person, has a disability, or chronic, terminal or mental illness.

The Centre is funded until June 30th 2015.

What we provide:

- Information on carer support services on the Far North Coast
- Assistance with accessing support services that meet carer and care recipient ongoing needs.
- Provision of short-term planned and emergency respite to give carers a break from their caring role.

If you are a carer and you need some help whatever your age - call us on FREECALL™ 1800 052 222*
*(calls from mobile phones charged at applicable rates)
Award-winning author comes to Murwillumbah Library

Murwillumbah Library will host award-winning author Jaclyn Moriarty on Saturday 28th June as part of a new state-wide program, Going Places – Authors on Tour, launched by the State Library of New South Wales and supported by the Copyright Agency. Jaclyn Moriarty is the prize-winning, best-selling author of novels for young adults and adults including A Corner of White, which won the Ethel Turner Prize of the 2013 NSW Premier’s Literary Awards, and its high anticipated sequel The Cracks in the Kingdom. At this free event, Tweed Shire residents will hear the story behind how Jaclyn came to write the popular The Colours of Madeleine Trilogy and learn what is involved in researching and writing an award-winning novel?

Date: Saturday 28th June
Time: 11am
Address: Murwillumbah Library, Tumbulgum Road Murwillumbah

Website: www.rtrl.nsw.gov.au
Jaclyn Moriarty’s visit in June 2014 is part of the Going Places – Authors on Tour program. More authors to go on tour later this year will be announced shortly.

For more information and bookings:
Murwillumbah Library 0266 702427

For author interviews please contact:
Golda Mitchell, Media & Communications, State Library of NSW
Canteen Menu

2014 Menu
Banora Point High School

Daily Specials - as ordered

Mondays
- Filled Potatoes with sour cream & cheese
  - Ham ........................................... 3.50
  - Bolognese ................................ 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) .... 3.50
  - Hawaiian
  - Meatlovers
  - Vegetarian
  - Cheese

Friday's
- Nachos ........................................ 3.50
  with Sour Cream & Sweet Chilli Sauce

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, or in person at the canteen. Orders can be placed for recess or lunch.

Drinks
- Bottled Water - 400ml .......................... 1.20
- 750ml sip cap .................................. 1.60
- Milk - Plain 300ml ............................. 1.20
- Peppers - 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, Straw, Banana, Vanilla .... 2.00
- Flavoured Milk - 200ml ........................ 2.00
  - 500ml ....................................... 3.20
- Iced Coffee .................................... 3.20
- Hot Chocolate ................................ 2.50
- Juice - 500ml - 33% ......................... 2.50
  - 500ml - 100% ............................... 2.80
- Iced Tea ....................................... 2.50
- Boost Juices - 500ml 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

Sandwiches
- Vegemite ....................................... 2.00
- Cheese ......................................... 2.50
- Egg - plain or curried ........................ 3.00
- Tuna ........................................... 3.00
- Lean Ham / Chicken Breast ................. 3.00
- Salad .......................................... 3.00
- Baked Beans / Spaghetti .................... 3.00
- Salmon ........................................ 4.00
- Salad + lettuce, tomato, beetroot, carrot & cucumber

Extras
- Salad .......................................... 1.00
- Cheese/ Egg / Avocado ...................... 1.00
- Veggie ........................................ 4.00

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
- Tacos style mince with corn, avocado & sour cream
- Sweet Chilli Tender Wrap ............ 4.00
- Sweet Chilli coated chicken tender with sweet chilli sauce

Burgers
- All burgers include lettuce, cheese, tomato & beefroot with your choice of tomato, BBQ, sweet chilli sauce, aioli or mayo.
- Cheese Burger - beef & cheese ........ 3.50
- Hamburger .................................. 4.00
- 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 .............................. 3.00
- Spinach & Ricotta Roll ................. 3.00
- Cheese & Tomato or BBQ ........ 3.00

Toasted Sandwiches
- Ham & Cheese ............................... 3.50
- Chicken, cheese, & Avocado .......... 4.00

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 (arab, ave & egg), Vegetable Tempura, Sliced, 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 .............................. 0.30
- 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 ...................................... 2.30
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
   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

Need more info? Email help@munchmonitor.com
Supporting Provisional Drivers (P1 & P2)

- A P1 licence must be held for at least 12 months.
- After passing a hazard perception test, drivers progress to the P2 licence for a minimum of 24 months.
- Speed restrictions for P1 drivers is 90km/h and for P2 drivers 100km/h
- A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means NO ALCOHOL before driving.
- For P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker. P2 drivers can only talk on a hands-free phone when driving; no text messaging.
- P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (some exemptions apply).

Tips for Parents

Remember your teenager is still very new to driving. Continue to encourage safe driving including:

- Ensuring they organise their time so they can stick to posted speed limits and adapt to driving conditions, such as rain.
- Get them to plan their night before they leave.
- Slowly increasing the amount of independent night driving – this is a time when young drivers are more likely to crash.
- Gradually allowing them to increase the number of passengers in the car once they have progressed to the P2 stage.

Before your teenager goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas for young people to consider:

- Leave the car at home.
- Catch a bus – check timetables to avoid waiting times at bus stops.
- Stay overnight with a friend.
- Arrange to be dropped off and picked up by a parent or other responsible adult.

Also discuss:

- Driving alcohol free.
- Dealing with pressure from friends to drive in an unsafe manner.
- Being a responsible passenger.

For more information about the RRISK program and risk taking visit www.rrisk.com.au
2014 BILAMBIL JUNIOR TOUCH FOOTBALL

COMPETITION SIGN ON
(See website for more information. Bilambil Junior Touch)

Teams Only
8th August 2014
at Bilambil Sports Club from 5.00pm – 7.00pm

Individual Only
15th August 2014
at Bilambil Sports Club from 5.00pm – 7.00pm

Cost $60 per player MUST be PAID in FULL before the first game.

bilambiljuniortouch@hotmail.com or Tamara 0431141715

BYRON BAY WRITERS FESTIVAL
1-3 AUGUST 2014

Byron Bay Writers Festival launches 2014 Program

‘If there’s a story to be told and if the story has some validity, some resonance, then you don’t keep it to yourself.’

From Stories We Tell by Canadian Film Director Sarah Polley

The Byron Bay Writers Festival proudly opens the pages of the 18th edition of this major literary event showcasing a cavalcade of more than 130 writers, thinkers and creative spirits and a world of ideas over three action-packed days.

Festival Director Edwina Johnson says the 2014 Program is designed to challenge, provoke, connect and inspire.

phone our booking hotline on 02 6685 5115.

3-day pass includes entry to the Festival site from 1 - 3 August.

COST: $265 or $230 students/members of the Northern Rivers Writers' Centre

Please note all tickets are non-refundable, non-exchangeable and non-replaceable.

Please follow us on facebook

DIARY DATES

Full Program on sale NOW
Workshops begin Monday 28 July
Secondary Schools Day Thursday 31 July
Main Festival days Friday 1 - Sunday 3 August
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. 13 yrs to Adult)  
Call Michael - 0414 96164

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

Tweed Slammers Basketball Registration  
2014 Season

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

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
DO YOU HAVE A SPECIAL OCCASION?

B. Made Up

Want to treat yourself for that upcoming special occasion? ‘B. Made Up’ with a professional hair & make up session for only $85

Voe Ayers
0401 478 910
www.bmadeup.com.au
facebook.com/BMadeUpMUA
IG: @BMadeUp

UPCOMING EVENTS

Tuesday 24 June
• North Coast Area Gymnastics—Lismore
• Year 12 Business Studies Revision Day—Tweed Heads Sports Club

Wednesday 25 June
Ruby Moon Performance—Yr 10 and 11 Drama

Thursday 26 June
Movie World Excursion—Yr 12 Business Studies

Thursday 26 and Friday 27 June
Reports Distributed

THOUGHT OF THE WEEK

The more that you read, the more things you will know. The more that you learn, the more places you’ll go.

- Dr. Seuss

P & C MEETING

The next P&C Meeting for 2014 will be held on

**Monday 4 August**

at 7.00PM DST

All new parents are most welcome to come along to support your child’s school and meet other parents!

We would love to see you!
UNDERSTANDING TEENAGERS
Tuesdays May 20–Jun 24, 5.30–7.30pm

Struggling with your teenager’s challenging behaviours?
Looking for ideas on how to communicate with your teenager?
Want to support your teenager to move safely through adolescence?

WHAT’S THE COURSE ABOUT?
Understanding Teenagers is a parenting course that aims to equip you with the knowledge and skills to support your child through adolescence. Form a better understanding of the changes in their behaviour and personality.

WHAT CAN YOU EXPECT?
Through information sessions, practical exercises, group discussions and brainstorming we will explore:
The stages of child and youth development, including the impact of brain and hormone development
Parenting styles, managing tension points and talking through challenging issues
Different ways to respond to concerning behaviours
Strategies for communication and conflict resolution that you can take away and ‘try out’
Strategies that other parents have found work well for them

WHAT WILL YOU LEARN?
Increase knowledge about developmental changes
How to reflect on your parenting style and how to manage your emotions
Strategies for positive communication and how to hold difficult conversations with your teenager
How to establish healthy boundaries and respond to challenging behaviour

The course runs over two Saturdays 9:30am-3:30pm OR a as course over 6 early evening sessions.
COST: $30

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.
The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:
Bookings are essential
For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.
For more information on the course program go to www.thefamilycentre.org.au

Child minding is available upon request.
COMMUNITY NEWS

ARE YOU STRUGGLING TO MEET THE COST OF DESEXING YOUR CAT?

LOW COST CAT DESEXING
7 - 10 JULY 2014

Friends of the Pound, with the support of the RSPCA and the Tweed Shire Council, are offering low cost cat desexing in the Tweed Shire, at the Murwillumbah Showgrounds, conditions apply.

BOOKINGS ESSENTIAL: PHONE 0435 170 228

After 10 years, two un-desexed cats and their offspring can produce 80,395,790 cats 2 litters per year; 2.8 surviving kittens per year; 10 year breeding life.

CATS CAN’T COUNT, BUT THEY SURE CAN MULTIPLY

Second Hand Uniform Shop

Our second hand uniform shop functions through the kind donations of parents and students who no-longer have use for their school uniforms. Through these donations, we are able to provide access to low cost uniforms. Any funds raised through the sale of second hand uniforms is deposited into the student welfare assistance fund, used to support students and their families during times of hardship.

Please approach the office administration staff regarding second hand uniform purchases.

All donations of quality second hand uniforms are valued and appreciated.
Surfside Bus lines are currently 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.

**COMMUNITY NEWS**

**Tweed Coast Driving School**

(07) 5524 5180

**Pedals Driving School**

 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

**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.
FOCUS: I am responsible for my behaviour in the toilets

This means:
- I dispose of rubbish properly
- I use the facilities quickly and hygienically
- I keep the area clean and free from graffiti

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: ........................................................................