Premier Sport Leaders 2014

On Thursday 24th July Banora Point High hosted the Premier Sport Leaders day that saw 21 of our Year 9 and 10 students lead years 5 and 6 primary school students as well as selected Year 7 and 8 students through a variety of sports games ad initiatives. Banora Public School, Centuar Public School and Terranora Public School were in attendance and our Year 9 and 10 students were outstanding in the way they communicated and led the primary school students through their activities. Games included Speedball, Oz Tag, 2 base Teeball, Softcrosse, Noodle Hockey and Golf.

Well done on your efforts and achievements!
From the Principal

Mr Greg Smith

At our Education Week Awards in week 3 students were recognised for effort, achievement and for getting the fundamentals right. A significant number of students were recognised for exemplary attendance. It is great to see students showing positive attitudes and obtaining the benefits of regular attendance at school. Research shows that success in learning is directly proportional to regular attendance and participation in education programs. It is clear that irregular attendance is often an early indicator of the potential for disengagement from school and learning. Absence from school is a limiting factor for student’s achievement and the acquisition of knowledge and skills. There is a correlation between non-attendance at school and lack of success in adult life.

In an online article, the Australian Government has made the following points:

- “Higher educational attainment leads to significantly better wages, with each additional year of schooling being associated with around a 10 per cent increase in earnings.
- Research shows that young people who complete Year 12 are approximately six times more likely to make a smooth transition to post-school activities than those who leave before completing senior schooling.
- In Australia, 20–24 year olds are more likely to be unemployed if they didn’t complete senior schooling than those who did complete.”


‘In New South Wales, all children from six years of age are legally required to attend school or be registered for home schooling. After they complete Year 10 and until they turn 17 years of age, students then have the following options. They may also be in:

- full-time further education and training (e.g. TAFE, traineeship, apprenticeship);
- full-time, paid employment of an average of 25 hours per week; or
- a combination of both of the above.

Children are expected to attend all school activities, on time. Regular attendance helps your child:

- develop the skills needed to access the world of work and other opportunities
- to learn the importance of punctuality and routine
- make and keep friendships.

If your child has to be absent from school, you must tell the school and provide a reason for your child’s absence. To explain an absence parents and carers may:

- send a note to the school, or contact the school via electronic means such as SMS text message, fax or email, or
- telephone the school, or
- visit the school.

A small number of absences may be accepted. For example, if your child:

- has to go to a special religious ceremony
- is required to attend a serious or urgent family situation (e.g. a funeral)
- is too sick to go to school or has an infectious illness.’ (DEC website)

Our Year 12 students commenced their Trial HSC today. This will be a busy time and will give them excellent practice and feedback in the lead up to their HSC exams. It is important that we provide them with strong support during this period of time. Many Year 12 students also have major works that are due shortly along with performances in Dance. Students should have all of their keys dates and times in their diaries to ensure that they don’t miss any of the important deadlines.

As I have previously mentioned, Schools Recommendation Schemes (SRS) are one way institutions make early offers to current Australian Year 12 students who have applied for undergraduate admission through UAC. This is a new process for 2014.

SRS aim to facilitate access to higher education for current Australian Year 12 students who might otherwise not be offered a place. SRS applications are assessed centrally at UAC, using school recommendations and non-Year 12 academic achievements.
From the Principal (cont.)

The following nine institutions will be participating in SRS in 2014–15:
- Australian National University
- Charles Sturt University
- La Trobe University
- Macquarie University
- Southern Cross University
- University of Canberra
- University of New England
- University of Technology, Sydney
- University of Western Sydney.

SRS is open to:
Year 12 applicants who are attempting:
- an Australian Year 12 qualification, or
- an International Baccalaureate in Australia in 2014, and are:
  - UAC applicants for undergraduate admission for 2014–15
  - an Australian or New Zealand citizen
  - a permanent resident of Australia or holder of an Australian permanent resident humanitarian visa.

Individual institutions may have their own requirements about which applicants they will consider. Read ‘Who Can Apply’ in the SRS Institution Information tables on pages 8–16. In the booklet http://www.uac.edu.au/documents/srs/SRSbooklet.pdf

Key dates:

- **Wednesday 6 August 2014**: Applications for SRS open
- **Midnight Tuesday 30 September 2014**: SRS Apply and SRS Check & Change close
- **End of November 2014**: Some institutions will contact you directly to notify you of the outcome of your SRS application for courses you have listed in your UAC application for admission at a point in time
- **Midnight Tuesday 2 December 2014**: Applicants must have their preferred SRS course as their first preference
- **Thursday 4 December 2014**: Institutions will make:
  - unconditional offers, or
  - conditional offers via Conditional Offer Advice Letters (see page 6)
- **Tuesday 6 January 2015**: Unconditional offers are made to those applicants who continue to meet the criteria listed in their Conditional Offer Advice Letter

Frequently asked questions from the UAC website include:
**Apply using SRS Apply**
After you have applied through UAC for undergraduate admission, you can apply online for SRS via the UAC website using your UAC application number and UAC PIN. You can only submit one SRS application.

**When do I apply?**
SRS Apply opens on Wednesday 6 August 2014 – the same time as UAC applications for undergraduate admission.

**Where do I apply?**
Visit www.uac.edu.au/srs/ and select SRS Apply on the right-hand side of the page to start your application.

**When do applications close?**
Applications close at midnight on Tuesday 30 September 2014. After that time, SRS Apply will not be accessible.

**How much does it cost to apply?**
There is no separate charge to apply for SRS.

**If you have a disability**
If you have a disability and are having problems with the UAC application process, contact UAC. You can call (02) 9752 0200 between 8.30am and 4.30pm (Sydney local time) Monday to Friday, email UAC using the enquiry form at www.uac.edu.au/enquiry/, or write to the Equity Unit, UAC, Locked Bag 112, Silverwater NSW 2128, Australia. They will help you with your application.

Please contact Ms Dreyer or Mr Randle for further information.

Our school planning team has commenced the 2015–2017 planning process and a number of staff attended a learning day in Ballina on Friday to assist them with the development of our next plan. A new document titled ‘The new school plan – preparing your community’ has been included in this email. It will be discussed at tonight’s P&C meeting.
Two of our Year 9 students have had recent success in Lawn Bowls. Max North and Zac Cowan competed in the All Schools Cup challenge for Lawn Bowls and were successful in winning the playoff to become the Gold Coast / Tweed district representatives.

They will now be going to the State Finals to play off with the other district winners at Pine Rivers on September 20 and 21.

Well done boys on a great achievement!!

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!*
Term 3 is well under way. All students seem to be working hard which is pleasing to see. Year 11 students are starting to prepare for their yearly exams coming up and Year 9 students have a Uni-Bound workshop this week at Southern Cross University. My office has been busy with students asking for assistance to get their resumes together, as they wish to start looking for part-time work. This is a great start and I am more than happy to help. If you would like your child to get a resume, or update their current one, please encourage them to come and see me, or send me an email jessica-lee.dreyer@det.nsw.edu.au. All students that have part time work should have a tax file number, and I can provide the application form to obtain a tax file number, just come and see me. See you in a fortnight.

CONGRATULATIONS

We have been closely following three Year 12 students as they have been completing the Griffith University Business Program. They attended their third workshop in week 2 of this term and their results have come through at an outstanding level. 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!!!!

ASPIRE – CONGRATULATIONS & THANK YOU

Last week South Tweed Primary School hosted a careers expo for all Year 6 students from our local primary schools. I was very privileged to be able to go along as a guest speaker and to talk about the amazing career opportunities Banora Point High School offers for our students, with a particular focus on School-Based Traineeships and Apprenticeships (SBT & SBA). Standing alongside me was Narm Polpaibul from Year 12. She entertained 350 students on why it is great to have a SBT and how it is helping her succeed at a higher level throughout her HSC. Narm is a SBT trainee in Hospitality and works at Milk & Sugar at the Bilo shopping centre in Banora Point. Narm was applauded and commended on her wonderful personality, presentation and representation of the school in her uniform. I am very proud of you Narm, you were a terrific wing-man. Go and see her for coffee and cake.
UP AND COMING

- **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 11 Griffith Engineering** – Wednesday 13th August, Griffith University GC Campus
- **Titans Girls Academy Workshop 5** – Friday 12th September, TRHS
- **Year 7 Uni-Bound Workshop** – Tuesday 18th November, SCU Gold Coast Campus

YEAR 12 NEWS

Year 12 students have only 7 weeks to go until they graduate. Their trial exams start this week and I wish all students the best. Year 12 major works are due over the next couple of weeks also, and I look forward to highlighting their achievements in the next few editions of the newsletter. Early Entry for University and Scholarship Applications are now open. Year 12 students have all been given a copy of the 2015 UAC and QTAC books. I look forward to working with them over the next few weeks in getting their applications organised and submitted. If you need any more information please go to the UAC and QTAC websites. Students are encouraged to apply earlier rather than later, so that as much time as possible can be allocated to providing the best possible reference for them.

I would like to take this opportunity to thank the wonderful Lucinda Crews from Southern Cross University who came out to BPHS last week to discuss the Star Early Entry Program and process with Year 12 students. It was a very valuable presentation and session. Applications close 10th September 2014.

www.uac.edu.au        www.qtac.edu.au
GRiffith – Engineering

Congratulations to Sean Robertson and Brandon Stott in Year 11 who have been successful in their application for the “Taste of Engineering” program run through Griffith University. These 2 students are required to attend 2 experience days throughout Year 11, the first of which is on the 13th August. Successful completion of these days will see them invited to attend the Year 12 program with the opportunity of gaining entry into an Engineering degree at the completion of their HSC.

The first day’s activity is: Balsa Bridge Design. Students will work in groups to construct a bridge over a given span from balsa wood and glue. Instruction will be given on design, and students will test their bridge to determine how much weight it can carry. They will also give a presentation on their procedures, challenges and decisions made about the design. It certainly sounds like a great day planned. Congratulations!

GO Health Go Griffith - Biology Lab Day

On the 25th July, I was privileged to take 4 Year 11 students to their Biology Lab at Griffith University Gold Coast Campus. These students 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 microscopic analysis of various fungi and bacteria and conducting experiments to determine diffusion. It was a great day full of practical learning.

Well done to Jack Dillon, Rachel Glen, Patricia Commins and Jack Koopman 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 INTERESTED IN ENGINEERING
HAVE YOU THOUGHT ABOUT A CAREER THAT COULD SATISFY YOUR PASSION FOR ENGINEERING
There are many rewarding jobs that you can do in the engineering industry

**Chemical Engineering:** The application of physics, chemistry, biology, and engineering principles in order to carry out chemical processes on a commercial scale, such as petroleum refining, microfabrication, fermentation, and biomolecule production.

**Civil Engineering:** The design and construction of public and private works, such as infrastructure (airports, roads, railways, water supply and treatment etc.), bridges, dams, and buildings.

**Mechanical Engineering:** The design of physical or mechanical systems, such as power and energy systems, aerospace/aircraft products, weapon systems, transportation products, engines, compressors, powertrains, kinematic chains, vacuum technology, and vibration isolation equipment.

**Electrical Engineering:** The design and study of various electrical and electronic systems, such as electrical circuits, generators, motors, electromagnetic/electromechanical devices, electronic devices, electronic circuits, optical fibers, optoelectronic devices, computer systems, telecommunications, instrumentation, controls, and electronics.

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**HEALTH CAREERS FORUM - SOUTHERN CROSS UNIVERSITY**

Friday 1
August 2014
HEALTH CAREERS FORUM - SOUTHERN CROSS UNIVERSITY

On Friday 1 August, I accompanied some Year 12 students to Southern Cross University, Gold Coast Campus for the health Careers Forum. Students heard information about numerous Health Degrees offered at SCU and got to talk to current students and lecturers. It was an extremely valuable experience as we got to see the campus facilities as well—including Podiatry and Perdorhics, Nursing and Midwifery, Occupational Therapy and Speech Pathology.

Thank you to Lucinda Crews and Caitlin Burcher who gave us the VIP treatment as always.
Year 9 “Going To Uni”
Thursday 7 August 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.

Year 7 Healthy Lifestyle Program by Marelda McLean

During Term 3, our Nutrition and Dietetics, Physiotherapy, Sport and Exercise Science and Public Health university students are working with Year 7 students. The aim of this program is to help support Year 7 students in leading healthy lifestyles as they experience this important transition from Primary to High School. This program will include health topics such as healthy eating and physical activity.

Tweed Healthy Schools Program university students:

Back row: Sam Peterson, Jaimon Kelly, Joseph Wright, Daniel Bui

Front row: Laura MacDougall, Elisha Roche, Emma Flynn, Tamara Parker, Laura Phillips, Lili Sopher, Charlie Cocke
The healthy lifestyles program, Food for Thought, was delivered to Year 7 students focusing on the benefits of eating fruits and vegetables. Here are some easy tips for kids to meet their 2&5.

- Include fruit and vege in every meal (e.g. add chopped, grated or pureed vege to pasta sauces, meat burgers, frittatas, stir-fries and soups and add fruit to breakfast cereal)
  - If you are short on time, always have a pack of frozen vegetables in the freezer.
- Snack on fruit and veges (e.g. fruit or vegetable kebabs, corn on the cob, ants on a log, fruit cups, mini muffins with fruit, or veggie sticks with salsa, hummus, cottage cheese, peanut butter)
  - If you are short on time, grab fruit cups or tinned fruit in juice but not syrup/concentrate.
- When making sandwiches, opt for a healthy alternative such as avocado or hummus instead of butter as an easy way of increasing vegetable intake and limiting saturated fat.
- For a quick and easy snack, try corn thins and top with your favourite spread (we suggest avocado) and layer it up with fresh veg (tomato, cucumber, cheese, lettuce).

Year 7 Lifestyle Program (Cont’d)

Discussing ‘2&5’ fruit & vegetables with 7M
Our Nutrition and Dietetics students are currently promoting the Australian Guide to Healthy Eating (AGHE). The AGHE gives us advice on the amounts and kinds of foods we should be eating to stay healthy and well. With children in mind, the AGHE is created to assist and allow children to maintain a healthy weight through eating nutritious foods from the 5 food groups daily and limiting foods containing saturated fats and added salts and sugars. The image below shows the 5 food groups and the proportional amounts children should be eating each day. Their particular focus within school lessons is on encouraging students to eat 2 servings of fruit and 5 servings of vegetables per day.

The 5 food groups and their serving sizes for children and adolescents are shown below. For more information about childhood nutrition, please click on the link: http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55f_children_brochure.pdf
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 and 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
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. Helps 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
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, 9am–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.
Attend any or all, as all stand alone sessions.
VENUE: TWEED HEADS SOUTH PUBLIC SCHOOL
OPEN TO PUBLIC.
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

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.
NO COST

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

“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
COMMUNITY NEWS—The Family Centre

RELATIONSHIP COURSES

ANGER: MAKING IT WORK FOR YOU
Friday August 28, 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 of healthy eating, 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 relationship 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.
# Canteen Menu

## Daily Specials - pre-order

**Mondays**
- Filled Potatoes with sour cream & cheese
  - Ham: ........................................... 3.50
  - Bolognaise: ............................... 4.00

**Tuesday’s**
- Tandoori Chicken Wrap: ............................................. 4.00
- Tandoori Chicken with salad & sour cream: .......................... 3.50

**Wednesday’s**
- TBA: .............................................. TBA

**Thursday’s**
- Eagles Boys Pizza (equal to 2 slices): ___________________________ 3.50
  - Hawaiian: .................................... 3.00
  - Meatslovers: .................................. 3.50
  - Vegetarian: .................................. 3.50
  - Cheese: ...................................... 3.00

**Friday’s**
- Nachos: ............................................. 3.50
  - with Sour Cream & Sweet Chilli Sauce: ......................... 3.50

## Drinks
- Bottled Water: 600ml: ........................................ 1.20
- 750ml slip cap: ..................................... 1.80
- Milk: Plain: 300ml: .................................. 1.20
- Poppies - 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: 300ml: .................................. 2.00
- 500ml: ......................................... 3.20
- Iced Coffee: ....................................... 3.20
- Hot Chocolate: .................................. 2.50
- Juice: 500ml – 100%: .................................. 2.50
- - 500ml - 100%: .................................. 2.80
- Iced Tea: ......................................... 2.50

**Boost Juices**
- 350ml bottle: .................................... 3.00

## Ice Treats
- Frozen Juice Cup: ...................................... .70
- Mony Frozen Pops: .................................... .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: ........ 4.00

## Extras
- Salad: ............................................. 1.00
- Cheese / Egg / Avocado: ................................ .50

## Wraps
- Salad with mayo: .................................... 3.00
- Chicken & Salad with mayo: ................................ 4.00
- Tuna & Salad with mayo: ................................ 4.00

## Special Wraps
- Carrots with lettuce, tomato, cheese: .............................. 4.00
- Mexican Wrap: ..................................... 4.00
- Taco style mince with corn, avocado & sour cream: ............. 4.00
- Sweet Chilli Tender Wrap: ................................... 4.00
- Sweet Chilli coated chicken tender with sweet chilli sauce: .... 4.00

## Burgers
- All burgers include lettuce, cheese, tomato & beetroot with your choice of tomato, BBQ, sweet chilli sauce, side or mayo.
- Cheese Burger: .................................. 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: .................................... 3.80
- Spinach & Ricotta Roll: ................................ 3.00
- Sauce – Tomato or BBQ: ................................ .20

## Toasted Sandwiches
- Ham & Cheese: .................................... 3.50
- Chicken, cheese & Avo: ................................ 4.00

## Fresh Sushi
- Fresh Sushi: ........................................ 2.60
- Chicken & Avocado, Chicken Teriyaki, Honey Soy Chicken, Tuna & Avocado, Tuna, Prawn Tempura, Prawn Sweet Chilli, Salmon & Avocado, Salmon & Cream Cheese, California (crab, avo & egg), Vegetarian Tempura, Salad, Avocado, Inari

## Salad Boxes
- Fruit Salad: ....................................... 3.50
- Salad: ............................................. 3.50

## Extras in Salad Boxes
- Egg: ............................................. .50
- Avocado: ........................................ .50
- Chicken, Ham, Tuna: ................................ 1.00

## Snacks
- Sumo Biscuit: ...................................... .50
- Fruit – Banana, Orange, Apple, seasonal fruit: ..................... 1.00
- Popcorn: .......................................... 1.20
- Assorted Chips: .................................... 1.20
- Cheese & Bacon Rolls: .................................. 1.80
- Yoghurt: .......................................... 1.80
- Finger Buns: ..................................... 2.00
- Muffins: .......................................... 2.50

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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 or in person at the canteen. Orders can be placed for recess or lunch.*
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
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.
The canteen is now open for breakfast from 7.45am - 8.25am. Items include:

* Plain Toast - per slice - $1.00
* Raisin Toast - per slice - $1.50
* Yoghurt - $1.80
* Cereal - per pkt - $2.50
* Fruit Salad - $3.50
* Toasted Sandwich from $3.00
* Bacon & Egg Roll - $4.00

We have now been operating for 2 terms and have the canteen running smoothly with a core menu and specials being rotated thru to offer variety. We are always open to suggestions and ideas so please feel free to come and have a chat with our friendly canteen ladies at any time. We can also cater for special dietary requirements.

As you can imagine we can only have a minimum amount of food prepared to avoid wastage so we encourage children/teachers to pre-order their choice to avoid disappointment.

Due to lack of interest, unfortunately our online ordering system with “Munch Monitor” will finish at the end of term 3. We have been pushing this for the past 6 months but are still only getting a few orders per day. Orders can still be placed over the counter at the canteen before school or at any time prior to lunch. If you have a Munch Monitor account can you please use any credit you have before the end of term. We will look at making eftpos an option for payments as we do have a demand for this.

Thank you for your support.
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

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

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.

Tweed Slammers Basketball Registration 2014 Season

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

FUTSAL

5-A-SIDE INDOOR SOCCER

COMPETITIONS AND PROGRAMS
FOR BOYS & GIRLS, AGES 4 YEARS & UP
& SOCIAL MENS, WOMEN’S & MIXED

SIGN ON NOW

TEAMS AND INDIVIDUALS OF ALL SKILL LEVELS WELCOME
GET YOUR FRIENDS TOGETHER AND SIGN ON TODAY

TO SIGN ON OR FOR MORE INFORMATION -
Visit: www.australianfutsal.com
FIND US ON FACEBOOK - AUSTRALIAN FUTSAL ASSOCIATION

TURN PAGE OVER TO FIND A CLUB NEAR YOU!
UPCOMING EVENTS

Monday 4 - Friday 15 August
Year 12 Trial HSC Exams

Monday 4 - Friday 8 August
Years 9&10 - Snow Trip Perisher

Thursday 7 August
Maths Competition Periods 1&2

THOUGHT OF THE WEEK

The smallest act of kindness is worth more than the grandest intention

Anonymous
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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**COMMUNITY NEWS**

**Tweed Coast Driving School**

**Banora Point Driving School**

**_SETTING DRIVING STANDARDS**
- 1st Class Driving Instructor
- One-to-one Learner Lessons
  - (1hr=3hrs for 120hr quota)
- Automatic & Dual Control Manual
- Accredited RTA Age Testing Examiner

Contact Brian
5524 7682
0412 363 392

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**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
STUDENT BEHAVIOUR

FOCUS: I respect myself in sport and on excursions

This means:

- I wear the correct uniform and have the right equipment
- I am polite
- I try my best

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: ________________________________