On Thursday 14th August three year 8 students participated in the **Gold Coast High School Inter-School Chess Championships** at Somerset College. All three players came away with at least two wins on the day and in the process they enjoyed a new experience and some new moves to try on future opponents. Here are some student comments about the day:

**Jasmyne:** ‘It was an enjoyable experience with so many players with different levels of skill which made every new game a challenge waiting to be experienced. In the end I learnt many valuable things today and I would recommend it to anyone who wants to play chess.’

**Jermaine:** ‘The day was fun and it was quite different because it was the first time I went in a chess championship tournament.’

**Issac:** ‘The competition day was fun and challenging but with a very slow start and an exciting end, I think I made a new friends as well.’

**Lachlan:** ‘This competition got many kids involved, of all ages. It wasn’t as I expected because I only won 2 out of 7 games and the people playing were much more experienced.’
Our students strive for their personal best in a wide range of areas. Two students who have been successful in Lawn Bowling recently are Max North and Zac Cowan. They competed in the All Schools Cup Challenge in July and were successful in winning the playoff to become the Gold Coast/ Tweed District representatives. The boys will go to the State Finals to play off with the other district winners at Pine Rivers on September 20 and 21st. Well done boys and best of luck in the State Finals.

I would like to thank our staff who recently accompanied the ski trip. By all accounts it was a very enjoyable excursion with many of our students experiencing snow for the first time. I have had a number of students and parents pass on their feelings of appreciation for the support that the staff provided during the week long activity. Unfortunately we did have a couple of injuries and we wish those students a very speedy recovery.

Year 12 have completed their Trial HSC exams and will soon receive their marks and feedback on their performance. It is important that they plan their time carefully between now and the HSC to maximise their outcomes and reduce anxiety and stress. Generally a good plan can help overcome pre-HSC tension and keep them on track. I highly recommend that they seek additional feedback if they are still uncertain about what areas they need to concentrate on.

We had a wonderful turn-out of Year 8 parents last Monday night to our subject selection evening. I believe that it was probably the most strongly supported curriculum evening that we have had. Students and parents were provided with an overview of the Stage 5 curriculum structure, the electives on offer and the process for making the selections. It is important that the selection forms are returned by 22nd August 2014.

UPCOMING EVENTS

Monday 4 - Friday 15 August
Year 12 Trial HSC Exams

Tuesday 19 August - Captains election speeches
Period 1 - whole school

Thursday 25 August - Year 7 & 8 Debating round 3
Periods 1 & 2

Monday 8 September - Kids in Community Awards Night

Friday 19 September - Year 12 Graduation

THOUGHT OF THE WEEK

Happiness is not having what you want, but wanting what you have

Anonymous
Classes 7M and 7C have successfully completed the nutrition unit, “Food for Thought” as part of the Healthy Lifestyle Program. During the past three weeks these classes have worked with early career dietitians from Griffith University to develop their nutrition knowledge in relation to the Australian Guide to Healthy Eating.

“Working with the Year 7 students was a truly rewarding experience. We hope the knowledge they gained through our ‘Food for Thought’ unit will stick with them in the future.” (Griffith University Dietetics Students)

Students were given many resources including charts and diagrams about food serving sizes and easy to follow recipes for healthy meals and snacks. In-class nutrition sessions were run in the form of fun games such as a ‘Food Fight’ game show and other hands on activities. Students enjoyed learning about healthy eating and participating in all activities with the University students.

To conclude the unit, students participated in a food tasting session. A colourful spread of fresh fruits and vegetables were offered. Students had the opportunity to discover some new foods in the process such as star fruit and natural yoghurt and much more! The students were delighted to make fruit kebabs and have vegetables and dips.

The Year 7 Healthy Lifestyle Program continues this week with the focus on learning how to achieve a healthy level of fitness through physical activity.
Year 7 Healthy Lifestyle Program  (Cont’d)
Quick and Easy Breakfast Recipes

The daily recommendation for healthy eating is 2 serves of fruits and 5 serves of vegetables. Sometimes this can be challenging to achieve so here are some quick and easy breakfast recipes.

### Veggie Frittata Snacks

**Ingredients:**
- 3 spring onions, chopped (or ½ an onion)
- 3 cups of pre-cooked vegetables (Capsicum, carrot, peas, sweet corn, sweet potato, zucchini)
- 2 tablespoons of chopped parsley
- 1-2 teaspoons of oil (we suggest canola or olive oil)
- 7 eggs beaten
- ¼ cup reduced fat milk
- ¼ cheese

You may use frozen vegetables for convenience.
1. **Preheat** your oven to 190°C.
2. Grease a muffin pan.
3. **Chop** some pre-cooked vegetables.
4. Place the vegetables in equal amounts in the muffin pan.
5. In a separate bowl **mix** the milk and eggs and **pour** over the vegetables in the muffin pan.
6. **Sprinkle** grated cheese over the mixture.
7. Bake for 15-20 minutes on 190°C.

### Too Easy Tzatziki

**Ingredients:**
- 1 clove of garlic, minced
- ¼ a cucumber, chopped
- 2 cups no-fat Greek Yoghurt
- 1 tablespoon chopped mint
- Lime juice and Salt

1. Place all ingredients in a bowl and mix, adding lime juice and a pinch of salt to taste.

### Baked Strawberry Oatmeal

**Ingredients:**
- 1 cup of reduced fat milk
- 1 medium banana, mashed
- 1 egg, beaten
- 2 teaspoons vanilla extract
- 175g traditional oats (not instant)
- 20g loose brown sugar
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon
- 100g strawberries, chopped (or frozen berries)
- 50g dried fruit (eg. Sultanas, apricots, cranberries)
- Optional – 2 tablespoons mixed seeds or nuts

1. Preheat oven to 190°C.
2. Lightly spray a baking dish with non-stick spray (11x7 inches).
3. In a large bowl, whisk the first 4 ingredients together until blended.
4. Stir in remaining ingredients.
5. Pour into prepared baking dish.
6. Bake at 190°C for 20-25 minutes (or until top starts to turn golden brown).
On 27th of July Tweed Valley Sailing Club conducted their Inaugural ‘Tumbulgum Passage Race’. This event saw competitors launch their boats from Condong boat ramp and sail to Fingal point. 23 boats sailed in this event, ranging from single handed laser skiffs to fixed keel blue water yachts.

The various vessels in the race were divided into classes, one of these classes is called the corsair, which runs with 3 people and a spinnaker. These boats are ideally suited to the Tweed River. Banora Point High School has been well represented, with year 10 student Tyler Rees being crew for the yacht coming in first place in the corsair class. Also Music Teacher Russ Timbs being crew for the yacht coming in 3rd place in the same division, and office staff member Stacey Bech being given the job of On-Shore Co-Ordinator.

Interested in sailing? You don’t need a boat, just come along and crew
Contact Tweed Valley Sailing Club at tvscmail@gmail.com or phone Alison on 0434 982 922

INAUGURAL TUMBULGUM PASSAGE RACE - 27 July 2014

1. BPHS student Tyler Rees
2. BPHS teacher Russ Timbs
3. Tumbulgum Passage
4. The Winners boat 104!
# Canteen Menu

**Monday 18 August 2014**

**On The Waves**

## Daily Specials – pls order

<table>
<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Filled Potatoes with sour cream &amp; cheese</td>
<td>3.50</td>
</tr>
<tr>
<td></td>
<td>Bolognaise</td>
<td>4.00</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Tandoi Chicken Wrap</td>
<td>4.00</td>
</tr>
<tr>
<td></td>
<td>Tandoi Chicken with salad &amp; Sour Cream</td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Eagles Boys Pizza (equal to 2 slices)</td>
<td>3.50</td>
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<tr>
<td></td>
<td>• Hawaiian</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Meatlovers</td>
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</tr>
<tr>
<td></td>
<td>• Vegetarian</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Cheese</td>
<td></td>
</tr>
<tr>
<td>Fridays</td>
<td>Nachos</td>
<td>3.50</td>
</tr>
<tr>
<td></td>
<td>with Sour Cream &amp; Sweet Chilli Sauce</td>
<td></td>
</tr>
</tbody>
</table>

**2014 Menu**

**Banora Point High School**

### Drinks
- Bottled Water - 600ml ........................................... 1.20
- 750ml slip cap .................................................... 1.80
- Milk - Plain 300ml .................................................. 1.20
- Poppers - apple, orange, tropical .................................. 1.60
- Focus Water ............................................................. 1.80
- Crazy Lemon Lemonade - small .................................... 1.80
- 1-litre ......................................................................... 3.00
- Softie - small ................................................................ 1.50
- 1-litre ......................................................................... 2.30
- Up N Go – Choc, Strawb, Banana, Vanilla .......................... 2.00
- Flavoured Milk – 300ml ................................................ 2.20
- 500ml ........................................................................... 3.20
- Iced Coffee ................................................................. 3.20
- Hot Chocolate .............................................................. 2.50
- Juice – 500ml – 35% .................................................... 2.50
- 500ml - 100% ............................................................... 2.80
- Iced Tea ....................................................................... 2.50

### 2014 Boost Juices – 350ml bottle ................................. 3.00
- Energy Lift, Green Recovery, Wildberry Skinni, Superfruit Immune

### 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
- Salads .......................................................................... 3.00
- Baked Beans/Spaghetti ................................................. 3.00
- Salmon ......................................................................... 4.00
- • Salad & lettuce, tomato, beetroot, carrot & cucumber

### 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 (crab, 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

### Snack Bars
- Sumo Biscuits ............................................................ 0.50
- Fruit – Banana, Orange, Apple, seasonal fruit .............. 1.00
- Popcorn ....................................................................... 1.20
- Assorted Chips ........................................................... 1.20
- Cheese & Bacon Rolls ................................................. 1.80
- Yogurt ......................................................................... 1.80
- Fingers Buns .............................................................. 2.00
- Muffins ....................................................................... 2.50

**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](http://www.munchmonitor.com), or in person at the canteen. Orders can be placed for recess or lunch.
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.
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
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

FUTSAL
5-A-SIDE INDOOR SOCCER
COMPETITIONS AND PROGRAMS
FOR BOYS & GIRLS, AGES 4 YEARS & UP
& SOCIAL MENS, WOMEN’S & MIXED

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

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FIND US ON FACEBOOK - AUSTRALIAN FUTSAL ASSOCIATION

TURN PAGE OVER TO FIND A CLUB NEAR YOU!
Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? Applications for January programs are still open but will close soon! Don't miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange!

Georgie (17) currently in Argentina: “Everything’s going really great here! I especially get on really well with both my sisters and their friends, so that’s a nice relief. I’ve even started playing hockey with my younger sister, despite knowing absolutely nothing about it, and I’m having lots of fun. I absolutely loved orientation week, it was so much fun and definitely, definitely worth it. I think everyone should have one, it was the perfect transition to life here in Argentina, so thank you very much for that!”

Early Bird Special!
WEP is offering students in years 9 to 12 (excluding year 12 students in VIC) a $500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online before 28 Nov ’14.

Find Out More!
Visit www.wep.org.au and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au.
Kirra SLSC Nippers 2014/15 Sign On

**Free** Rashie for all members!

Sunday 24th August & 14th September at Oasis Pool, Club Banora. 9am -11am

Open Day Kirra SLSC Saturday 31st August, 9.00am-12.00

Nippers season start Kirra SLSC Sunday 21st September, 2014 8:45 am – 11am

Fees paid at sign-on days:

- $75—U6&7
- $80—U8-U14

$80 per nipper parent for Associate membership.
At least 1 parent must also become an Associate member.

$250 per family of 4 (at the same address)
Further info www.kirrasurfclub.com.au

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**SOUTH TWEED HEADS COLTS JUNIOR CRICKET CLUB CLUB SIGN ON**

Held @ Ron Wilkinson Field Cnr Leisure Dr & Fraser Dr Banora Point

**Dates:**

- Sunday 31st August & Sunday 7th September—10am to 2pm
- Age groups from In2Cricket, u10s, u11s, u12s, u13s, u14, u15s & u17s Plus Seniors
- 2nd Grade

**Fees:**

- In2Cricket $65
- U10s $90
- U11s $130
- U12s $130
- U13s $140
- U14s $140
- U15s $180
- U17s $180
- 2nd Grade $260

**Enquiries and/or registrations to**

Monica Brooks 0438 741 701 or Jackie Whitney 0409 190 468

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The South Tweed Junior Touch Football Association

will be taking individual registrations for the upcoming season this Sunday 17th August between 10am and 12pm at the club house. Team registrations are already open online.

If anyone has any questions or would like more information please email southtweed_touch@hotmail.com or go to the website.

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**SCHOOL NEWS**

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 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.

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)
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ADTA Member

0421 797 087
www.pedalsdrivingschool.com.au
STUDENT BEHAVIOUR

FOCUS: I am responsible for my actions in the bus bay and travelling to and from school

This means:

- I respect the instructions of the crossing attendants
- I wear a helmet to ride my bike
- I am on time for school
- I do not get out of a car in the bus bay

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