STATE DANCE FESTIVAL

This year’s State Dance Festival ‘Moments of Resonance’, held in Sydney, had sophisticated dance works by talented choreographers and students from all over NSW. It is a vigorous and highly selective process when considering works for the State Dance Festival, so it is a great privilege to be chosen. ‘Reflection’ by Banora Point High School was a standout piece in this year’s show. Our dancers were extremely professional and all performed at an exceptional level. Whilst in Sydney the students participated in a hip hop workshop with an industry professional. The workshop was challenging and a lot of fun. The students represented our school in an outstanding way, both on the stage and in the general public. Well done!
STATE DANCE FESTIVAL CONT.

T5 HSC DRAMA WORKSHOP

The T5 Creative and Performing Arts Collegiate organised a HSC Drama Essay Writing Workshop for all Year 12 Drama in the area. BPHS was the host school and organised Costa Loucoplous, who is a renowned Drama tutor from Sydney, to lead the workshop for the students. He focused on giving the students the skills they need in order to excel in the written component of the Drama course. All of the students walked away from the course with a wider and deeper knowledge, as well as feeling confident for the Drama exam in October. Thank you to all the teachers who were involved and to the students for their enthusiasm.

PCYC TWEED HEADS
RHYTHMIC GYMNASTICS CLASSES
NOW AT
Banora Point High School
Starts 12TH October
MONDAYS: 3.45 – 4.30 6-8 years
MONDAYS: 4.30 – 6.30 Seniors
Stacey Bech—Instructor

Contact: 07 55991714
From the Principal

Mr Greg Smith

Welcome back to term 4. We are continuing to improve access to advice related to school. I would like to make all parents aware of the Department of Education website Schoolatoz practical advice for parents. It has some very useful advice and I thoroughly recommend this to all parents. The address is: http://www.schoolatoz.nsw.edu.au/home

Some of the advice includes:
- Homework and study
- Student wellbeing
- Technology

It also gives very clear advice related to illness and conditions that warrant keeping your child at home. There is also an app available for ipad, iphone, android and tablet. Please go to following address to find details about the app: http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

We have been informed that two of our HSC dance students have received nominations for Callback. Callback is a selection of outstanding performances and projects of Higher School Certificate Dance students. It is managed by the Arts Unit, NSW Department of Education. The nominations for inclusion in Callback are:

- Kiana De Van Der Schueren for Core Performance
- Kiana De Van Der Schueren for Major Study Performance
- Lily Mackie for Core Performance
- Lily Mackie for Major Study Performance

Congratulations to the students and Ingrid Green for all of the work she puts in to get the dancers to this amazing standard.

Tahlia Bratt is a Year 10 student at our school who has been informed last week that her short story will be published in the book called Write 4 Fun. This is the third occasion that Tahlia has had an article published. It is wonderful to see our students take on these extra-curricular activities to improve their skills.

The Tell Them from Me Surveys for parents have been extended until Friday 23rd October 2015. More information about the survey is available at: http://surveys.cese.nsw.gov.au/information-for-parents. The ‘Tell Them From Me’ parent surveys are available through the following link:


We would appreciate all parents having their say in this survey.

If your child is considering University study after school, a new website has been launched by the Federal Government which may be of assistance in helping students make a choice about which university to attend. The new website is called the Quality Indicators for Learning and Teaching (QILT). It is aimed at helping students make informed choices about their higher education options by bringing together survey data from all Australian universities about students’ experience at university and past graduates’ job outcomes. The QILT site can be accessed at www.qilt.edu.au

The Higher School Certificate started today and we wish all students every success in their exams. We recognise that it can be stressful and I have included some resources and suggestions from Reach Out that may be of assistance.

ReachOut's top tips for beating stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress- deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and ‘me-time’ to clear your head will also help you study more productively: au.reachout.com/taking-regular-me-time

- Feel like you’re not achieving what you’re capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan.
of action. Then you’ll know what you’re aiming for and it’ll be easier to stay focused: au.reachout.com/how-to-set-goals

- When you’re feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you’re stressed and talking through it, or even using positive self-talk strategies: au.reachout.com/building-better-coping-skills

Sometimes it might feel like stress is unbeatable, but it’s definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:

- Tips on managing stress
- Helping someone with stress
- Ways to relax
- Tips for problem solving
- Information on anxiety

On Wednesday 7th October a meeting was held at the school to further discuss allocating funds to various options related to the policy – ‘Strengthening family and community engagement’. As a result of that discussion draft priorities were established as can be seen in Table 1 below.

We aim to make decisions related to these priorities at the next P&C meeting on Monday 2nd November at 7.00pm. Please come along, your input would be appreciated.

<table>
<thead>
<tr>
<th>Group</th>
<th>Priority</th>
<th>Option</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>Connecting with parents/Family</td>
<td>Information night with a key target in mind Arrange guest speaker of expertise</td>
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<td></td>
<td></td>
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<tr>
<td>2</td>
<td>1</td>
<td>Communicating</td>
<td>Focus on Primary School Integrating community members into programs</td>
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<tr>
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<td></td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>Consultative decision-making</td>
<td>School staff using a variety of strategies to engage in face to face discussion with families and community members</td>
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<tr>
<td></td>
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</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Collaborating beyond the school</td>
<td>Developing partnerships with universities</td>
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</tr>
<tr>
<td>3</td>
<td>1</td>
<td>Recognising the role of the family</td>
<td>Early engagement plan – meeting between parent and teacher at start of the year in faculty/year groups to confirm expectations Time to collate information and develop and speak to parent Funds used for coordination, marketing, collation of information</td>
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<tr>
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<tr>
<td></td>
<td>2</td>
<td>Building community and identity</td>
<td>Term courses/workshops – various subjects – eg. IT, cooking, sewing, art, basic auto maintenance English speaking course Book Club Funds used for coordination, paperwork, collation, development</td>
</tr>
</tbody>
</table>

Table 1: Draft Priorities relating to funds for “Strengthening family and community engagement”
MAKE ONLINE PAYMENTS

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school’s website (www.banorapnt-h.schools.nsw.edu.au) by selecting $ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:
- the student’s name, and
- class and reference number OR
- the student’s name, and
- date of birth.

Please do not pay for uniforms online as the uniform shop is privately owned.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.
### 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

### Extras
- Salad: $1.00
- Cheese/Egg/Avocado: 50c

### Fresh Wraps
- Salad with mayo: $3.00
- Chicken & salad w/mayo: $4.00
- Ham & salad w/mayo: $4.00
- Tuna & salad w/mayo: $4.00

### Special Wraps - Choose: tomato, cheese
- Mexican Wrap: $4.00
  - Two style wraps with cheese & sour cream
- Sweet chilli tender wrap: $4.00
  - Sweet chilli coated chicken tender w/sweet chilli sauce

### Daily Specials
- **Monday**
  - Check specials board (subject to change weekly)
- **Tuesday**
  - Check specials board (subject to change weekly)
- **Wednesday**
  - Check specials board (subject to change weekly)
- **Thursday**
  - Eagle boys pizza (equal to 2 slices): $3.50
    - Ham, cheese, vegetarian, cheese
- **Friday**
  - Nachos: $3.50
    - With sour cream and sweet chilli sauce

### Burgers
- Cheese burger - beef & cheese: $3.50
- Hamburger: $4.00
- Chicken burger: $4.00
- Fish: $4.00
- Veggie: $4.00

### Pies & Sausage Rolls
- Sausage roll: $3.00
- Plain pie small: $2.50
- Plain pie large: $3.50
- Spinach & ricotta roll: $3.50
- Lamb & rosemary triangle: $3.80
- Flavoured pies: $3.80
- Sauce - tomato or BBQ: 20c

### Toasted Turkish Bread
- Ham & cheese: $3.50
- Chicken, cheese & avo: $4.00

### Others
- Corn on the cob: $1.20
- Potato wedges (cup): $3.00
- Hot dogs - fat free: $3.00
- Chicken chips: $3.50
- Macaroni cheese: $3.80
- Lasagne: $3.80

### Drinks
- Bottled water 600ml: $1.20
- Bottled water 750ml with tap: $1.80
- Milk - plain, small: $1.20
- Poppers - apple, orange, tropical: $1.60
- Focus water: $1.80
- Crazy lemonade small: $1.80
- Crazy lemonade large: $3.00
- Glee: $2.00
- Up N GO - cola, strawberry, lemon, vanilla: $2.00
- Flavoured milk 300ml: $2.00
- Flavoured milk 500ml: $3.00
- Iced coffee: $3.50
- Hot chocolate: $2.50
- Juice 500ml 35%: $2.80
- Juice 500ml 100%: $3.00
- Iced Tea: $2.70
- Slushee Small: $1.50
- Slushee Large: $2.50

### Fresh Sushi
- Fresh Sushi: $2.70
  - Chicken & avocado, chicken teriyaki, tuna, chicken & avocado teriyaki, prawn, sweet and sour, salmon and avocado, seafood tempura, salmon & cream cheese, salmon, and avocado, California roll, cream & avocado

### Salad Boxes
- Fruit salad: $3.50
- Salad: $3.50

### Extras in Salad Boxes
- Egg: 50c
- Avocado: 50c
- Chicken, ham, tuna: $1.00

### Snacks
- Sumo biscuits: 50c
- Eucalyptus drops: 60c
- Fruit: banana, orange, apple, watermelon: $1.00
- Assorted Chips: $1.20
- Cheese & bacon rolls: $2.00
- Vegemite & cheese scroll: $2.00
- Yoghurt: $2.00
- Finger buns: $2.00

### Ice Treats
- Frozen juice cup: 70c
- Merry frozen cups: 70c
- Calippo: $1.00
- Icy twist: $1.20
- Paddle pops: $1.50
- Paddle pop shaker shakes: $2.00
- Frozen yoghurt: $2.00
- Sorbets: $2.50
**THOUGHT OF THE WEEK**

Education is the ability to listen to almost anything without losing your temper or your self-confidence.

Robert Frost

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**UPCOMING EVENTS**

The next P&C Meeting will be held on

**Monday 2 November**

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!*

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**SCHOOL & COMMUNITY NEWS**

**Junior Public Speaking Award**

All students in year 7 and 8 are invited to prepare a speech on any appropriate topic to compete in the JUNIOR PUBLIC SPEAKING AWARD.

Students are to have their speech ready by November 2 2015 and it must be no longer than 5 minutes.

The winner will be the person who is the most engaging and uses expression, volume and eye contact to their advantage. They will receive an award on Speech Day at the end of the Year.

English teachers will have more information for any interested students.

Ms Nizette
Junior Public Speaking Award Co-Ordinator

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**Colts**

**South Tweed Heads Colts**

**Junior Cricket Club**

Ron Wilkinson Field
Car Leasure Dr & Fraser Dr Banora Point

Spaces still available from u11s to u17s + 3rd Grade
(above all played in Gold Coast Competition with season commencing Sat 10/10)

Also available In2Cricket program
(Thursday afternoons 5pm to 6pm 15/10 to 3/12 - 8 weeks)

Enquiries and/or registrations to Jackie Whitney 0409 190 468
Email: whitneyofbanora@bigpond.com

or Monica Brooks 0438 741 701
Email: coltscricket@southtweed.com.au

Colts Website: http://southtweedcoltsjuniors.qld.cricket.com.au/
If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8-17 years old who are living in Australia.

BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au).
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.schools.nsw.edu.au

Student Name/s: ......................................................................................................................Year: ........................................
Email Address School Newsletter to be forwarded to: ..................................................................

HELP!

Parents, if your child has some school shorts that are no longer required and you are happy to donate them back to the school, the Support Unit would GREATLY appreciate these!