TALENTED ATHLETE PROGRAM

GRIDIRON

On Wednesday 14 October the TAP squad participated in a session of Gridiron with the Gold Coast Stingrays. This session was very entertaining with students learning the basics of American Football. The students were broken into 3 teams and taught particular plays which they could then implement into the game. Students who excelled in this sport were Keam Clothier, Emily Alman, Bindi Ware, Ciara Landon, Jeremy Simpson and Will Cohen. Thank you to the Gold Coast Stingrays for their efforts in conducting the session.
From the Principal
Mr Greg Smith

Our Higher School Certificate students are more than half way through the exam period. I have received favourable feedback from our presiding officer, indicating that students are displaying very positive attitudes and generally appear very focused. I would like to remind them that the official sign-out day is Friday 6th November from 8.45am to 10.45am. Students should return any resources that they may have borrowed, finalise accounts and ensure that all of their teachers sign them out.

The Year 9 and 10 Yearly exam period is next week and this will be followed by Year 7 and 8 in the following week. Formal exams do not occur in every subject at this time, and your child’s teachers will inform them of the subjects that they have exams in. An exam timetable is printed for Year 9 and 10. Please encourage your children to plan their time carefully and organise active revision in this important time leading up to their exams.

We have our first P&C meeting for 2015 next Monday 2nd November. New members are always welcome. The meeting starts at 7.00pm in our conference room in the Administration area.

Our students now have access to Microsoft 365 and Google Apps. They can access these tools through the Department of Education students' portal. They need to find the links in ‘My Learning Tools’ and then add them to ‘My Essentials’

Our Support Unit has been successful in winning an encouragement award in a community competition. DJ Stringer co-ordinated the garden competition. As well as receiving a certificate acknowledging the project, the unit was also awarded a new spade to assist them in their work. Well done to students and staff and keep up the great work.

I would like to thank all of our school community for responding to the Tell Them From Me Survey. The responses from this will be analysed shortly and should provide us with some valuable information to assist in school planning.

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

Contact: 07 55991714
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 schools 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 students name, and
class and reference number OR
the students 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.
Monday 26 October 2015

**Canteen Menu 2015**

**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 = vinaigrette, tomato, mushroom, carrot, cucumber*

**Extras**
- Salad $1.00
- Cheese/Egg/Avocado $0.50

**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**
- attendance, tomato, cheese $4.00
- Mexican Wrap $4.00

**Fresh Sushi**
- Fresh Sushi $2.70
  - Chicken & avocado, chicken teriyaki, tuna,
  - honey soy chicken, teriyaki, avocado, prawn tempura
  - prawn sweet chilli, salmon & avocado, veggie tempura
  - salmon & cream cheese, salad, rice, seaweed
  - California roll, avocado & egg

**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 $2.00

**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 kebabs $3.50
- Macaroni cheese $3.80
- Lasagne $3.80

**Drinks**
- Bottled water 600ml $1.20
- Bottled water 750ml sip cap $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

**Ice Treats**
- Frozen fruit cup $0.70
- Mango frozen cups $0.70
- Calippo $1.00
- Icy twist $1.20
- Paddle pops $1.50
- Paddle pop shakies shakes $2.00
- Frozen yoghurt $2.00

**Snacks**
- Sumo biscuits $0.50
- Eucalyptus drops $0.60
- Fruit: banana, orange, apple, peach $1.00
- Assorted Chips $1.20
- Cheese & bacon rolls $2.00
- Vegemite & cheese scroll $2.00
- Yoghurt $2.00
- Finger buns $2.00

**Daily Specials**

**Monday**
- Check specials board (posted change weekly)

**Tuesday**
- Check specials board (posted change weekly)

**Wednesday**
- Check specials board (posted change weekly)

**Thursday**
- Eagle boys pizza (equal to 2 slices) $3.50
  - Ham, bologna, mushroom, vegetarian, cheese

**Friday**
- Nachos $3.50
  - With sour cream and sweet chilli sauce
THOUGHT OF THE WEEK

Your mind is like a parachute. It only works if it is open.

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!

SCHOOL & COMMUNITY NEWS

FOR TENDER

TV Samsung Analogue Colour Model CS29Z57MQ
Very good condition
Suitable for games

All tenders are to be sent in writing to:
‘The Principal’
2 Eucalyptus Drive
Banora Point NSW 2486
Submit by 30.10.2015

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
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.
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!