TALENTED ATHLETE PROGRAM

On Wednesday 28 October the Talented Athlete participated in a coaching session with netball legend Nicole Cusack. Nicole has played at the highest level in netball representing Australia and most recently coached the South African team at the Women’s World Cup. Our squad were put through their paces on what was a rainy afternoon however all students performed well with Melinda Spencer, Ciara Landon, Emily Alman and Brandon Stockwell being standout players. Body position, balance and ball skills were highlighted during the session and students were shown how these skills crossover between lots of other sports.

Thank you to Nicole for her efforts and well done to all members of the squad for their determination.
TALENTED ATHLETE PROGRAM CONT.

On Wednesday 4 November the TAP squad participated in a challenging circuit through the treetops high ropes course at Thunderbird Park, Mount Tamborine. With an introduction in how to navigate the course safely the students progressed through varying levels of difficulty with students completing flying fox, traversing and balance obstacles. All of this happening 10-15 metres off the ground. Ciara Landon, Connor Dodson and Joel Singh-Guse were outstanding in how quickly they took to the course and pushed through the various activities. Well done to all students involved. Next week sees the squad delve into the world of sports nutrition with a masterclass from Mr Simpson.
The HSC exams have concluded for another year. I have recently finished reading through the report written by our presiding officer. She commented on the excellent behaviour and mature demeanour of our students as well as the keenness of our teachers to speak to students after the papers were complete to find out how they think they went. Student ranks are now available through the Board of Studies website. Students need to log in via students on-line. I would suggest all students check their grades for each subject and inform the Deputy Principal in charge of Year 12 (Mr Randle) in the unlikely event that they believe that there is an error in the ranks. We hope that all of our students have a relaxing break following their exams and we will wait with interest to share their results later in the term.

It was with a great deal of interest that I read an email last week regarding two of our Visual Arts HSC students. The student(s) listed below have been nominated for consideration for inclusion in ARTEXPRESS 2016.

* Emily Tavinor for her work - ‘Do We Not Bleed?’ and
* Celene Wallis for ‘Solace’

Congratulations to these students and their teacher, Ms Jasmine Duncalfe.

Please be aware of the following information that we have been asked to provide to our school communities.

**Whooping cough information for schools**

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

**Australian Passport changes for 16 & 17 year olds - Information for school communities**

Recent amendments to the Australian Government’s legislation on passports include some important changes that will affect 16 and 17 year old passport applicants.

From 1 January 2016, child applicants aged 16 or 17 will be issued with a 10-year passport instead of the five-year passport currently issued to children under 18.

Parental consent will still be required when persons aged 16 or 17 apply for a passport.

Applicants aged 16 and 17 will need to accompany their parent or a person with parental responsibility when lodging the passport application.

The application fee for 16 and 17 year olds will be the same as for adults, reflecting the longer validity of the passport to be issued.

More information is available at www.passports.gov.au

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**Year 12 Induction and Assessment - Parent Information Evening**

Parents of 2016 year 12 students are invited to attend an information event in the school’s library at 6pm, Tuesday 17th November 2015.

The purpose of this meeting is to share information with parents regarding their child’s transition into the HSC Course and an overview of the assessment process and policy. There will be a separate event for students held earlier in the day.

If you require any further information, please contact Mr Randle, Deputy Principal, on 0755131960.
The Federation of Parents and Citizens Associations of NSW

We would like to Cordially invite you to Attend our
“Increasing Parent and Community Engagement “ Forum
North Coast Electorate

Purpose
To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their future.

When: Thursday 12th November 2015
Where: Mullumbimby High School
9 Jubilee Ave Mullumbimby NSW 2482

Registration From: 6.00pm
Time: 6.30pm - 9.30pm

Topics
• Youth Mental Health
• Gonski
• Small schools

Guest Speaker/s
• NSW Department of Education
• Local MP
• Secondary Principals Council
• Primary Principals Association
• Teachers Federation
• Headspace

Participate:
• In Q&A sessions with speakers
• In group discussions

Supper and Light refreshments will be provided

To attend please Register online until 10/11/2015

To Register please click here

“This Program is funded by the NSW Government and Administered by the NSW Department of Education and Communities”
INAUGURAL T5 BAKE OFF CHALLENGE

Week 3 saw Banora Point High School host the inaugural Tweed 5 bake off challenge for Year 8 students. Madison and Emily Alman were successful in winning our school competition to represent BPHS against the other 4 local schools. Students drew the theme at the start of the day, with our team drawing the theme “Zoo animals”. The girls excelled themselves and were narrowly defeated by the team from Tweed River High School. With such a successful day we are planning to continue this competition next year and possibly extending it across other years as well.

Mrs Naughton

The five teams from across the Tweed/Murwillumbah region

The 6 decorated cupcakes in theme with one undecorated cupcake for testing of the actual
YEAR 11 CAMP

In Week Three, 32 YR11 students, with Mr Duff and Mrs Clurey, attended Thunderbird Park at Tambourine Mountain for the yearly camp. The purpose of the camp was to celebrate their entry into the HSC course, to develop some new bonds as well as strengthen existing ones, and to think about the year to come by exploring personal goals and strategies to deal with the stress and responsibilities that are the HSC, leaving school and deciding what to do in the outside world.

The activities the students engaged in were designed to encourage them to explore and extend their personal limits in the hope that they understand they can step outside their comfort zone and achieve more than they realise. The activities also required students to work in groups towards a common goal attempting various tasks that required the special talents of a number of students in the groups. The goal and outcome of the activities is represented by the ‘Holy Grail’, which, even though physically spotted by Sam Young, was metaphorically discovered by all the students at the camp.

The accommodation was great, the food appetising and plentiful (even Jake and Jack were satisfied) and the facilitators wonderful, with quite a few ‘gold nuggets’ of advice, information and experiences.

My thanks go to Mr Bristow and Mr Randle for attending. I would like to express my gratitude to Mrs Clurey for attending and making the camp special. And also for providing Clurey treats to those that attended. Hopefully this experience will sit with those that attended and be beneficial in the year to come.

Vince Duff
YR11 Year Advisor
YEAR 11 CAMP CONT.

YEAR 11 PALAZZO VERSACE EXCURSION

It’s the annual event that is perhaps the most anticipated in the Preliminary Hospitality course- the tour and lunch at Palazzo Versace and we weren’t disappointed. As a class we have worked hard completing catering functions and selling “Friday night meals” to staff to make this excursion affordable and to put our learning in the classroom into action. The day started with a visit to marina mirage, sampling the coffees and fine chocolates. We then made our way to the Palazzo where we met our tour guide Frank who took us through the resort and detailed the policies and procedures in place to successfully manage a 5 star hotel in the competitive environment of the Gold Coast. It was then time for our two course lunch, before sadly leaving the bubble of luxury to head home. Thankyou to Mrs Clancy and Mrs Sandstrom for accompanying us on the excursion.

Mrs Naughton.

HOSPITALITY WORK PLACEMENT TERM 4

Year 11 Hospitality have undertaken their second work placements for Hospitality. It made me very proud to see the student’s consolidating their learning from the classroom into the workplace. After hearing overwhelmingly positive comments from employers, we know we are doing something right with many students walking away with part time jobs and interviews for prospective apprenticeships after the HSC. I would like to take the opportunity to thank all of the employers for again providing placements for BPHS students.

Mrs Naughton
HOSPITALITY WORK PLACEMENT
TERM 4 2015

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Mrs Naughton

Chloe Brown at Raw Energy

Tom Dick at Currumbin Surf Club
JUNIOR PUBLIC SPEAKING

Three confident young people volunteered to participate in the Junior Public Speaking Competition (Years 7 and 8) held on Tuesday 3rd of November in the school library. Jordan Towner-Broughton, Holly Erskine and Aidan Hanna spoke about Terrorism, Homelessness and Australia’s Coastline.

The judges were very impressed with the students for a number of reasons: their use of eye contact, the expression in their voices and the way they constructed their speeches were some of these impressive elements.

Holly Erskine (7S) was the winner on the day. Well done to Holly!

It is hoped that these students, as well as others, will continue with developing their skills in the areas of speaking or debating as the opportunities arise.

Ms L Nizette

CHESS- TERM 4 WRAP UP

John Palencia, Ari Cummins and Bradley McLeod competed in the Gold Coast Individual Age Championships for Chess held at Emmanuel College, Carrara on October 28th. There were over 600 students from the Gold Coast/ Northern NSW area competing against others who were born in the same year as them. The ages of competitors ranged from 5 to 18.

John, Ari and Bradley are to be commended for their efforts this year in both individual and school team chess. They, along with other students from Banora Point High School, have been to one championship each term. On each excursion the attending students demonstrated excellent manners and sportspersonship.

In this term 4 event, Ari was awarded a medal for achieving third place in his age group. Well done to all boys, especially Ari! Ms L Nizette
TWEED VALLEY SPORT REPORT 2015

This year BPHS had 17 teams competing in the Tweed Valley Sport competition. The sports competed in were Basketball, Netball, Touch Football, Rugby League, Soccer, Volleyball and Hockey.

Our best results:
- 14 Girls Touch Football - 1st Coach - Miss Dooley
- 14 Boys Touch Football - 3rd Coach – Mr Brown
- 15 Girls Touch Football - 3rd Coach - Mr Todoroski
- 16 Boys Touch Football - 2nd Coach - Mr Edwards

MVP - (Most Valuable Player)

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Thank you to all the teachers who coached teams and motivated the students to achieve their best. Well done to all the students who represented our school and displayed outstanding sportspersonship across a number of sports.

Jason Smith

Contact: 07 55991714

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
FETE

Banora Point Uniting Church

2 Darlington Drive
SATURDAY November 21
8.00am-12.00pm

- Home baked cakes, biscuits, slices
- Locally made arts, cards, jams, crafts and gifts
- Glynn’s plant stall, fresh produce, prints
- Pre-loved linen and lace, jewellery
- Pre-loved clothing, shoes and handbags
- Trash and Treasure, Jack’s shed—tools etc
- Books, children's toys and games
- Guessing competition
- Barbeque breakfast, cool drinks—morning tea
  - Nelly’s Fried Rice
  - Entertainment by
- Banora Point Primary Junior Musicians 8.15am
- Lindisfarne Anglican Grammar School 9.00am
  - PCYC Concert Band 10.00am

For more information phone (07) 5524 1643

COME AND BRING YOUR FRIENDS
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 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.
### 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 - (Attache, tomato, cheese)
- Mexican Wrap $4.00
- Two style mixes with corn, avocado & sour cream
- Sweet chilli tender wrap $4.00
- sweet chilli coated chicken tender w/sweet chilli sauce

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

### Burgers - lettuce, cheese, tomato & lettuce w/your choice of tomato, BBQ, sweet chilli or mayonnaise
- 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 chipettes $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
- Popper - apple, orange, tropical $1.60
- Focus water $1.80
- Crazy lemon lemonade small $1.80
- Crazy lemon lemonade large $3.00
- Glee $2.00
- Up & Go - choc, strawberry, banana, 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
- Slushie Small $1.50
- Slushie Large $2.50

### Fresh Sushi
- Fresh Sushi $2.70
  - Chicken & avocado, chicken teriyaki, tuna
  - honey soy chicken, tuna & egg, prawn tempura
  - prawn sweet chilli, salmon & avocado, veg tempura
  - salmon & cream cheese, salmon, and avocado, California rolls, egg, avo & egg

### 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, peach 60c $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
- Mony frozen cups 70c
- Calippo $1.00
- icy twist $1.20
- Paddle pops $1.50
- Paddle pop shaky shakes $2.00
- Frozen yoghurt $2.00
- Sorbets $2.50
### THOUGHT OF THE WEEK

**Before you speak:**

**THINK**

- T = Is it True?
- H = Is it Helpful?
- I = Is it Inspiring?
- N = Is it Necessary?
- K = Is it Kind?

### UPCOMING EVENTS

The next P&C Meeting will be held on **Monday 7 December** 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

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!
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.
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 ........................................................................................................................................................

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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: _____________________________________________________________________

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CHANGE OF INFORMATION

PARENT EMAIL ADDRESS