Kids in Need

30TH DRAGON BOAT FESTIVAL

Banora Point High School Staff and Students supported once again, the local charity Kids In Need’s 30th Anniversary Dragon Boat Regatta. The regatta was another fun filled day for all participants on Sunday 15 November at Jack Evans Harbour, Tweed Heads.

The day was very windy but we all received a bit of a sun tan. The Dragon Boat Racing is all in good fun and of course being a water sport we all got a bit wet – ok, very wet.

Thank you to all students and staff for supporting this worthy cause.
From the Principal

Mr Greg Smith

A number of key events have occurred in the past two weeks. The Year 12 Formal was conducted at the Sea-
gulls Club this year and our students once again arrived in style, appeared as mature, elegant young adults and celebrated and had fun with family, staff and members of their graduating year. There were representa-
tives from Bond, Southern Cross and Griffith Universities and our students received a large number of early entries to university. Well done to all of our outgoing Year 12 and we hope you receive the results you have worked for.

On Sunday 15th November our school once again supported Kids in Need by entering two teams in the drag-
on boat races at Jack Evans Boat Harbour. We had both a student team and a staff team. I believe that it is great team building activity, as well as a fun event that supports our community. A special thanks to Mrs Denice Hardie and Mr Mark Mackenzie for their organisation of teams for the day.

On the evening of Sunday 15th November I had the pleasure of being a guest at the Bond University Scholar-
ship presentations. Three of our students received scholarships:

- Chloe Kendon
- Cory Woodhart
- Tom Reuben

I would like to congratulate them on this great achievement and acknowledge the work of Ms Dreyer in as-
sisting with applications.

BRAVEARTS

You are cordially invited to Banora Point High School’s annual performance... BRAVEARTS 2015!
Experience the full breadth of our students’ skills in Drama, Dance, Music and Visual Arts.

We are welcoming all families and the community to watch the perfor-
mance at 6.30pm on Wednesday 2nd December 2015. The show will run for approximately two hours and we look forward to entertaining you!

Can’t wait to see you there!
Although White Ribbon Day is on Wednesday 25 November, the SRC at Banora Point High School coordinated a mufti day on Tuesday 24 November to raise awareness of domestic violence and the extreme importance of positive relationships.

We are asking all staff and students to wear white for this special and important cause and bring along a gold coin donation.

Banora Point High School encourages as many people as possible to visit the White Ribbon Australia website at www.whiteribbon.org.au to take the oath against domestic violence in an aim to build a collective voice to facilitate a much needed social change! Furthermore if anyone would wish to make further donations it is also possible from this site.

Thank you in advance in helping to make a difference!
TALENTED ATHLETE PROGRAM

In week 6 the TAP squad participated in a masterclass on sports nutrition. Students were broken into groups and were each given a dish to prepare. There were a variety of dishes and each group had to identify the main nutrition element and how it helps or hinders sports performance. Dishes prepared and presented by the students included zucchini and rice slice, leek and bacon quiche, banana cake, mars bar slice, chocolate raspberry brownies and mini pizzas. Thankyou to the TAS department for allowing us to use their cooking rooms.
TERN 5 ACTIVITIES
TUESDAY AND WEDNESDAY WEEK 11

Once again we will be holding Term 5 activities on Tuesday 15 and Wednesday 16 December of Week 11. All students have been asked to select ONE morning activity (which they will complete both Tuesday and Wednesday mornings) and ONE afternoon activity (which they will complete both Tuesday and Wednesday afternoons). Shown below are the activities available for the morning and afternoon sessions. Those activities that incur a cost have the cost shown next their name. This covers the activity for BOTH days.

MORNING ACTIVITIES:
- Tennis ($6.00)
- Bottle Rockets (bring an empty 1.25L bottle)
- Golf ($30.00)
- Board games
- Surfing ($20.00)
- Beach walking ($20.00)
- Fishing & Picnic ($20.00)
- Sports games
- Movie appreciation
- Computer games.

AFTERNOON ACTIVITIES:
- Anime & sushi making ($4.00)
- Christmas Craft ($10.00)
- Movies
- Pottery
- Card games
- Computer games
- Board games
- Chilled out BYOB (reading)

Mrs Clancy & Mrs Clurey

PREMIER SPORT LEADERS

On Tuesday 10 November Banora Point High had 18 students participate in the Premier Sport leading with Action Day. Along with students from each of the T5 schools (Wollumbin, Tweed River, Murwillumbah and Kingscliff) our students were given a choice of 6 sports to participate in and increase their knowledge of how to coach the basics of the game. We had development officers from Golf, Rugby Union, Tennis, Rugby League, Soccer and AFL help our students better understand the game and fundamentals in coaching the sport. Next year these students will use these skills to take a group of primary school students and lead them through completing basic sports skills.

Well done to all our students on your efforts on the day!

Regards

N. Williams
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 enquires regarding the Online Payment process please contact the School Administration Office.
Monday 23 November 2015

### On The Waves

#### Sandwiches
- Vegenite $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

**Sandwiches extras:** lettuce, tomato, beetroot, carrot, cucumber.

#### 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

#### 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
- Two style wraps with corn, rice & sour cream
- Sweet chilli tender wrap $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 sip cap $1.80
- Milk - plain small $1.20
- Poppers - apple, orange, strawberry $1.60
- Focus water $1.80
- Crazy lemon lemonade small $1.80
- Crazy lemon lemonade large $3.00
- Glee $2.00
- Up N Go - choc, straw, 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 & ao, chicken teriyaki, tuna
- Tuna 2 pc, chicken & ao, prawn tempura
- Prawn sweet chilli, salmon & ao, veg tempura
- Salmon & cream cheese, sauce, ao, may
- Edamame (fava), ao, veg

#### 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, pear $1.00
- Assorted Chips $1.20
- Cheese & bacon rolls $2.00
- Vegenite & 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

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**Daily Specials**

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Check specials board (special change weekly)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Check specials board (special change weekly)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Check specials board (special change weekly)</td>
</tr>
<tr>
<td>Thursday</td>
<td>Eagle boys pizza (ecl use 2 slices) $3.50</td>
</tr>
<tr>
<td>Friday</td>
<td>Nachos $3.50</td>
</tr>
</tbody>
</table>

*With sour cream and sweet chilli sauce*
THOUGHT OF THE WEEK

“Blowing out someone else’s candle doesn’t make yours shine any brighter.”

THOUGHT OF THE WEEK

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!

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course:

- Gloria Jeans Coffees - Tweed Mall
- Tweed Valley Concrete
- Victory Ford
- Southern Cross Homes - St Josephs
- Heritage Lodge
- Raffles Assisted Aged Care
- Opal Aged Care - Kirra
- Connections Café - The Salvation Army
- Tweed Centre
- Orbital Construction Pty Ltd
SCHOOL AND COMMUNITY NEWS

CUDGEN NETBALL CLUB

Cudgen Netball Club is a dynamic and enthusiastic club that has continued to grow from strength to strength for many years. Cudgen Netball Club offers opportunities for netballers from the age of 5 years right through to our open’s division. In 2016 we look forward to seeing our current players return to the court and we always look forward to welcoming new players to our Club.

SAVE THE DATE....
Registration for the 2016 netball season will be held on:
Saturday 30th Jan 2016
10am - 12noon
Sunday 7th Feb 2016
1pm - 3pm
Registration will be held at
Kingscliff Beach Bowls Club

Registration Dates
Saturday 30th Jan
10am - 12noon
Sunday 7th Feb
1pm - 3pm

COACHES:
We are looking for expressions of interest from people who would like to coach for the 2016.

CONTACT THE CLUB
President: Tamie Dumen
0402 556 906
Registrar: Karen Arnold
0423 380 359
(after business hours only)

Follow us on facebook:
www.facebook.com/Cudgen-Netball-Club

Flyer designed by
AI Marketing Services
Call 0433 108 554
Graphic Design, design, social media & printing

TERRANORA NETBALL CLUB

Sign on dates for the 2016 Netball Season

Early bird sign on:
Thursday 26th November 4.30-5.45pm – Arkinstall Park (outside Tweed Netball clubhouse)
$20 deposit and the option to pay off your rego fees prior to the final sign on.

2016 sign on dates:
Friday 29th January 3.00-3.45pm – Terranora Public School (outside the hall)
Saturday 6th February 10.00am -12.00pm – Terranora Public School (outside the hall)
Saturday 20th February, time 9.00-11.00am – Tweed Netball, Arkinstall Park

2016 sign on is a collaborative sign on for all Tweed clubs to try and accommodate any last minute registrations, clubs may not be able to accept players on this day if their teams are full.

New players will need to bring their Birth Certificate to sign on

Any questions or for more information please contact:
terranoranetball@gmail.com or Jen Landon 0419609793

2016 NETBALL REGISTRATION

Come and play for Tweed’s fastest growing netball club

Kingscliff Netball Club welcomes all girls aged 5 years and above. All teams train at Arkinstall Park, Tweed Heads & competition will commence in March 2016.

2016 FEES*
5 - 7 years $80
8 years - opens $195

* Kingscliff Netball Club is pleased to offer a payment plan for fees. Please contact kncsecretary@gmail.com for further information.

2016 sign on dates:
Saturday 30th January 2016 & Saturday 6th February 2016

Credit card facilities will be available at sign on, however a surcharge of 1.9% will apply.
We also accept direct deposit and cash

Where: Chinderah Tavern
Time: 9am to 1pm

For more information:
0451833445 kncsecretary@gmail.com
EXPAND YOUR WORLD WITHOUT AN AIR-TICKET

Capture the spirit of fun and friendship in your own backyard! Department of Education-registered Southern Cross Cultural Exchange (since 1983) wants to provide your family with a different educational and cultural experience. Your children will also have an invaluable opportunity to improve their foreign language ATAR score by living a few months with a native speaker at home as a ‘sibling’. If you have a spare room and a place at the family table, why not begin next year with a new mission? Introduce a wonderful 15-17 year-old exchange student as a member of your family, and appreciate how your family sees the world, and each other, in a new light.

Enjoy sharing cultures with your exchange student from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden, Canada or the USA for 3, 5, or 10 months. Call S.C.C.E. now on 1800 500 501 or email scceaust@scce.com.au or visit www.scce.com.au and ask for a selection of profiles of incoming exchange students.

SCHOOL AND COMMUNITY NEWS

PET PHOTOS

SAT 12 & SUN 13 DEC
SAT 19 & SUN 20 DEC
10AM - 3PM

PETBARN
www.friendsofthepound.com

WELCOME THE WORLD TO YOUR HOME!

Why not host an overseas exchange student with AFS Intercultural Programs? We have participants due to arrive in February and they require volunteer host families for their stay in New South Wales.

Make a friendship that can last a lifetime. Participants come for 5 months to 11 months and attend high schools and become an active member of the school, community and your family. They come from countries including France, Germany, Netherlands, Switzerland, Finland, Canada, Japan, Costa Rica, Argentina and Brazil.

If you are interested in going on an exchange overseas we would also love to hear from you to discuss the opportunity of becoming an exchange student.

For more information please call Sharon Toohey on 02 9215 0077, aus.hosting@afs.org or contact the AFS Hosting team on 1300 131 736 or visit www.afs.org.au/host to make an inquiry!

1ST CHINDERAH SCOUT GROUP

Christmas Tree Sales

SMALL $55 MEDIUM $65 LARGE $75
POTTED TREES SMALL $55 MEDIUM $65

TO ORDER
EMAIL: GROUP@CHINDERAHSCOUTS.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.
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: ..............................................................................

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

CHANGE OF INFORMATION

PARENT EMAIL ADDRESS