TALENTED ATHLETE PROGRAM

AIR FACTORY

On Wednesday the 20th of May the TAP squad travelled to the trampoline park ‘Air Factory’ at Burleigh Heads to participate in a fun and exciting new fitness craze. Our students were excited and attempted all the different sections that were opened up for us including Dodgeball, the Freestyle Park, The Airbag, Slamball and the Pro Section. All of the squad were outstanding in their participation and the amount of sweat that people had after an hour of participation was surprising. Next week the squad will travel to Personal Fitness headquarters Forged Fitness in Sth Tweed to go through different styles of aerobic and strength training.
The P&C have organised a site for a fundraising BBQ during Cooly Rocks. We have been allocated a site at the Jack Evans Boat Harbour on 6th and 7th June. If you are available to help the P&C team at this event please phone the school prior to our next P&C meeting (1st June) with details of when you are available and your contact information so that rosters can be prepared. If you are in the area on these days, come along and support our school.

Year 9 and 10 half yearly exams will be occurring throughout this week. The exams give students the opportunity to demonstrate the knowledge and skills that they have acquired at this stage of the year. The feedback that they receive after the exams will help guide them in addressing any areas of weakness that may be identified.

A meeting was held with the steering committee for the Tweed Healthy Schools Program last week. We have had around 18 months support with this program and it has provided the staff and students at Banora Point High and Centaur Public School with some valuable programs that have contributed to a positive culture of well-being. Unfortunately at this stage no external funding has been identified to support this program in 2015. We will continue to investigate ways of supporting our students’ health and well-being through innovative, evidence based programs.

Currently the school has a focus on a program called Mind Matters. It is a mental health initiative that aims to improve the mental health and wellbeing of young people by providing our staff with advice and guidance so that they can support students who may be struggling with mental health difficulties. It has components such as building a positive school community and building resilience within our students. It also encourages help seeking to more effectively provide early intervention for students having difficulties.

Thank you to all of the parents and staff who attended both the recent parent/teacher interviews and the year 10 into 11 subject selections. It would appear that the online interview booking system worked well and improved the process for many of our parents and staff. If you have any suggestions of ways of further improving this, please contact Mr Randle with your ideas. Parents of Year 11 and 12 students who were unable to make a booking for an interview time should phone the office on 07 55131960 to organise an alternate meeting time or a phone interview.

Microsoft Office 365 and Google Apps for Education (GAFE), have been released for use by all DEC staff and students. Both of these online suites are used around the world to support teaching and learning and offer a wide range of educational and administrative benefits. With these online tools, students and staff can work collaboratively on assignments and projects at school, at home, in a library, or anywhere they have internet access. Students and staff can access both product suites, at school and from home, via the DEC portals.
TALENTED ATHLETE PROGRAM

On Wednesday 6th May the Tap squad visited Revolution Fitness at Seagulls Club to participate in an injury prevention workshop with Jono Freeman. Jono is an exercise physiologist who runs his own business in exercise rehabilitation and also works with the Titans U20’s team. The squad were taken through stretching activities that can be used to improve flexibility and promote performance in sport. The group were also taken through a series of self-massage techniques using a foam roller. Although at times painful, the session highlighted the need and lack of flexibility that some students need to improve to increase their performance in sport. Thank you to Jono Freeman for taking the group through some useful strategies to prevent injury.
On Thursday 21 May the Banora Point High School Under 13 rugby league side competed in the CRL Country Cup at South Tweed. The players had a great warm up game against Kingscliff on the Monday in the U14 Buckley Shield and with most of them backing up on the Thursday, we had a great team. The boys easily accounted for Murwillumbah High School in the first game winning 20-10 and then played Tweed River in game two. This was played with great skill and the boys dominated the match through excellent attack and defence winning 16 - 4. This got the boys in the final against Kingscliff High School. The result did not go our way with KHS winning 16-0.

Congratulations to all the players on their attitude and behaviour, along with the water boys who helped. Player of the day with 3 points went to Travis Smith, 2 points to Will Cohen and 1 point to Jacob Gulliver. A big thank you to Mike Donnelly for the organisation of the day.
UNDER 13 RUGBY LEAGUE CONT.
On the morning of 14 May, 1943 the hospital ship Centaur was sunk off the coast of Queensland by a Japanese submarine. It sank quickly and was not located until 2009. Last Friday 15 May the sun shone brightly over Point Danger where all the students, teachers, special guests and visitors attended the 72nd commemorative service. Two of our Year Eight students Alicia Tincknell and Marleigh Dreyer went along with Christopher Randle and did a beautiful job representing our school.
Sunday 5th of July 2015

‘Teachers running to support teenage mental health in the Tweed’

Sponsors, donations, & support can contact
Peter Geeves: peter.geeves@det.nsw.edu.au
Kingscliff High School: (02) 6674 9777
CAREERS NEWS

Welcome to Week 6. I have been extremely proud of the number of students that have settled well into their subjects and starting to enjoy the work that they are doing. It is a very busy time for me at the moment, as I am trying to get around to all Tertiary Institutions so that I can learn about their new courses and ATAR ranks. I am also attending workshops on topics covering such things as “Where the Jobs Are” so that I can best guide your children in not only the right career path for them, but also one in which there are (and will be) available job vacancies. It is a tough market out there, and I want to prepare your children with as much knowledge, skills and experience to include in their resumes as possible. As you can see from the dates up and coming, there is a lot going on as always in the Careers Department. Please remember; If you would like to discuss anything with me, please send an email with your contact details and I will phone you as soon as I am free. jessica-lee.dreyer@det.nsw.edu.au.

Have a great fortnight.

Jess Dreyer

DATES UP AND COMING

- Year 7 “Launch into Life” – Thursday 18th June, Griffith University Logan Campus
- Griffith University – Experience Day – Friday 22nd May, Gold Coast Campus, Southport
- Gold Coast Careers Expo – Thursday 8th May, Royal Pines Resort, Gold Coast
- Year 8 Uni-Bound Workshop – Thursday 28th October, BPHS Hall
- Bond University – Presentation – Tuesday 26th May, BPHS Library
- Year 11 Exercise Science Lab - Tuesday 11th June, Griffith University GC Campus
- Year 11 Biology Lab – Wednesday 17th June, Griffith University GC Campus
- Year 12 Health & Exercise Science Conference – Tuesday 5th August, Griffith University GC Campus
- Year 11 Seniors Day – Thursday 22nd October, Southern Cross University, GC Campus
- Year 9 Uni-Bound Workshop – Tuesday 2nd June, Southern Cross University, GC Campus Hall

ARE YOU INTERESTED IN CREATIVE ARTS
HAVE YOU THOUGHT ABOUT A CAREER THAT COULD SATISFY YOUR DESIRE IN CREATING

There are many rewarding jobs that you can do in the creative arts.

<table>
<thead>
<tr>
<th>Fashion Designer</th>
<th>Copywriter / Editor</th>
<th>Dancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Landscape Designer</td>
<td>Costume Maker</td>
<td>Body Artist</td>
</tr>
<tr>
<td>Industrial Designer</td>
<td>Signwriter</td>
<td>Theatre Mechanist</td>
</tr>
<tr>
<td>Media Presenter</td>
<td>Cartographic Technician</td>
<td>Graphic Designer</td>
</tr>
</tbody>
</table>
CAREERS CONT.

CONGRATULATIONS
SCHOOL-BASED TRAINEESHIP

David Lapardin in Year 10 has just been signed up as a School-Based Apprentice. As he moves through his last 3 years of school, David will be completing his 1st Year Automotive Mechanics Apprenticeship. He will be trained on the job and will be working 1 day a week also. David has worked hard to secure this opportunity and we wish him all the very best as he begins his career. If you are at South Tweed Heads drop in and say hi to Victor (owner) and his team at Victory Ford and check out their car prices and services. Well done.

Lakeisha Bowman in Year 11 has kick-started her career dreams. Lakeisha has a keen interest in Business Administration, and has secured herself a School-Based Traineeship in Business Services. Lakeisha began working at Connect in South Tweed Heads at the start of this term and has begun her Certificate II in Business Services at Kingscliff TAFE. She will be learning all aspects of Business Services, including administration, reception, and client services. This is a very exciting opportunity for Lakeisha, and I wish her every success as she progresses through this amazing journey. Well done.

SOUTHERN CROSS UNIVERSITY ACCESS PROGRAM

Five Year 12 students have been successful in their application for Southern Cross University’s’ Access Program. This is an opportunity for Year 12 students to undertake a university enabling subject through SCU College. Students who study the Access unit will be eligible to gain direct entry into the Associate Degree of Business, Arts, Science or Allied Health. There were only 30 students across Northern NSW and Southern QLD chosen for this program, and we are very proud of these boys. [http://scu.edu.au/futurestudents/index.php/51](http://scu.edu.au/futurestudents/index.php/51)
CONGRATULATIONS
TVET WINNER!!

As mentioned previously in Careers News Kayla North in Year 12 won the TVET Student of the Year for completing a Certificate II in Retail Skin Care and Make Up. She recently travelled to Coffs Harbour to be considered for the next level of awards and WON yet again!

This is an absolutely amazing achievement. Congratulations Kayla!! We couldn't be more proud of you.
ATTENTION
ALL YEARS AND FAMILIES

Due to the increasing difficulty placed on students (and parents) about their careers and what to do in the future after school, the Careers Department at Banora Point High School has invested in Job Jump, which is going to make the decision making process a lot easier.

What is JOB JUMP? Watch this video
https://www.youtube.com/watch?v=4AJd1yJvn8&feature=youtu.be
To access this site you will need to see or email the Careers Advisor,
jessica.lee.dreyer@det.nsw.edu.au to obtain a password. PASSWORD: ___________

All you will need to do when you go to Job Jump is look in the top left hand corner and find the top two boxes. Simply type in your school name in the first box and then enter your email address in the second box. Then click to Login and Follow the Steps Below.

STEP 1 Enter School and Email Address
STEP 2 Welcome to Job Jump! Enter Password
STEP 3 Enter Personal Details & Continue
STEP 4 Tick All the Careers that Interest You
STEP 5 Tick All the Subjects that You Enjoy, Are Good At and Do Now at BPHS
STEP 6 Click Register

What are the first 5 careers you are interested in and going to research?

____________________________
____________________________
____________________________
____________________________
____________________________

Congratulations! Lets Get Job Jumping
FIND A LISTING OF THE MENU ITEMS THAT APPEAR ACROSS THE SCREEN FROM LEFT TO RIGHT.

THIS IS HOW YOU USE EACH ITEM.

Login You can now Register to receive the latest Careers News when you enter your email address from the front page of the website. This will be emailed to your home email address if you wish. It only takes a minute or two. You will receive Careers News on your chosen careers from now through to an extra year after your HSC. If you change your mind, you can unsubscribe at any time. You can select new careers at any time too. You can have as many as you want.

My Career - Click on the name of a career that interests you. The 4 coloured buttons now become active for you.
If you now click on 'Read the News' all of the current news is ready for you to act on with the active links.
Click on 'Watch a Video' and you can enjoy a tour of your chosen career.
Click on 'Check I'm Suited?' and you can complete the chart to show you have the personal qualities desired by a future employer. When you click on 'Go For It', check these out:

- **What subjects should I study?** gives you the subject advice on subjects in NSW you could consider.
- **What courses should I study after school?** gives you the quick advice and the direct links to many of your Tertiary options at University, TAFE and private colleges.
- **Where can I find the jobs?** gives you the real job vacancies, employer organisations and exactly how to find the names, addresses and phone numbers of companies you can contact yourself from the Yellow Pages.

Find My Career This is useful if you are wondering what career might best suit you. You can gain a better understanding of a career by watching a video about it. There are 4 handy quizzes you can also try, all of which will provide new career possibilities for you.

HSC Subjects has a great slide show explaining all about the HSC and matters like Units and the HSC rules. When you click on a career you like on the left hand side, the subject advice appears on subjects in NSW you could consider.

ATAR This is great to use in conjunction with your UAC Handbook. You will find an Index listing on the left hand side. Click your favourite Index field. A listing appears just like the hard copy of the Index in the Handbook. By clicking on the Title Headings at the top, you can sort this listing in ATAR order, in Campus location order, in University order or by the name of the course. If you click on any blue UAC Course Code, you will be able to read a full description of the course you selected. You can also do a search for degrees by typing in the search box a key word in this field.

Apprenticeships At the top you can find a simple to read explanation all about how Apprenticeships and Traineeships work. This is followed by an interesting short video about Apprenticeships and Traineeships. If you click on the bottom option you will see a listing of Apprenticeship and Traineeship career areas with easy to do quizzes.

Earnings There are 300 careers listed on the left hand side with their earnings in weekly and annual amounts. To select any career you must first read and consider the short advice in the bubbles and then click 'OK'.

Work Experience provides the main documents that you use with your Careers Advisor's guidance to arrange Work Experience. Make sure you speak to your Careers Advisor before arranging any work experience.

Where is? is a handy directory of over 140 links you may need on all the major topics such as HSC and UAC.
CONNECT to your FUTURE - career expo

- TAFE
- Universities
- Defence Force
- Centrelink
- Apprenticeships
- Youth Services
- Training Organisations
- Employers
- Career Advisers
- Try-a-trade
- Employment Services
- Campus Tours
- Presentations
- Workshops
- Local Entertainment
- Sausage Sizzle

Kingscliff TAFE Campus
Cudgen Road Kingscliff
Wednesday 27 May 2015
3.30pm—7.00pm

Dream Bigger Reach Higher
Everyone Welcome
Enquiries: Sylvia Roylance 0420 961 622
### Tweed Dance 2015* Class Timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>03:10 pm</td>
<td>Junior</td>
<td>5-8 yrs</td>
</tr>
<tr>
<td></td>
<td>03:40 pm</td>
<td></td>
<td>5-8 yrs</td>
</tr>
<tr>
<td></td>
<td>04:10 pm</td>
<td></td>
<td>5-8 yrs</td>
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<tr>
<td></td>
<td>04:40 pm</td>
<td></td>
<td>5-8 yrs</td>
</tr>
<tr>
<td>Tuesday</td>
<td>09:00 am</td>
<td>Tiny Toes</td>
<td>18 mths-3 yrs</td>
</tr>
<tr>
<td></td>
<td>09:30 am</td>
<td></td>
<td>18 mths-3 yrs</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00 am</td>
<td>Tippy Toes</td>
<td>3-5 yrs</td>
</tr>
<tr>
<td></td>
<td>10:30 am</td>
<td></td>
<td>3-5 yrs</td>
</tr>
<tr>
<td>Wednesday</td>
<td>03:30 pm</td>
<td>Intermediate</td>
<td>9-12 yrs</td>
</tr>
<tr>
<td></td>
<td>04:00 pm</td>
<td></td>
<td>9-12 yrs</td>
</tr>
<tr>
<td></td>
<td>04:30 pm</td>
<td></td>
<td>9-12 yrs</td>
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<tr>
<td></td>
<td>05:00 pm</td>
<td></td>
<td>9-12 yrs</td>
</tr>
<tr>
<td>Thursday</td>
<td>03:30 pm</td>
<td>Junior</td>
<td>5-8 yrs</td>
</tr>
<tr>
<td></td>
<td>04:00 pm</td>
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<td>5-8 yrs</td>
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<tr>
<td></td>
<td>05:00 pm</td>
<td></td>
<td>5-8 yrs</td>
</tr>
</tbody>
</table>

**TERRANORA PUBLIC**
- Jazz Technique
- Jazz
- Hip-Hop
- Contemporary

**TWEED PCYC**
- Jazz
- Ballet

**TWEED PCYC**
- Jazz
- Ballet

**TWEED PCYC**
- Jazz Technique
- Jazz
- Hip-Hop
- Contemporary

**TWEED PCYC**
- Jazz
- Hip-Hop
- Contemporary

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*This timetable is subject to change without notice. If you are interested in a specific class or would like to confirm a time please visit our website or contact us directly.

**0478 695 498**


Dance Classes $5.50

Ballet • Jazz • Hip-Hop Contemporary & More!
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 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

Sandwiches come with lettuce, tomato, mustard, onion, cucumber.

## 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
- Mexican Wrap $4.00
  *Two style mixes with corn, beef & sour cream*
- Sweet chilli tender wrap $4.00
  *Sweet chilli coated chicken tender w/ sweet chilli sauce*

## Daily Specials
### Monday
- Check specials board (prices change weekly)

### Tuesday
- Check specials board (prices change weekly)

### Wednesday
- Check specials board (prices change weekly)

### Thursday
- Eagle boys pizza (equal to 2 slices) $3.50
  *Ham, pepperoni, 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

Your choice of tomato, BBQ, sweet chilli or no sauce.

## 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 & avocado $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, tropical $1.60
- Focus water $1.80
- Crazy lemonade small $1.80
- Crazy lemonade large $3.00
- Glee $2.00
- Up N 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, salmon, sweet chilli, cream cheese, soy & 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, strawberry $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 shakys shakes $2.00
- Frozen yoghurt $2.00
- Sorbets $2.50
ALBERT EINSTEIN was asked once how we could make our children intelligent. His reply was both simple and wise. “If you want your children to be intelligent”, he said, “read them fairy tales. If you want them to be more intelligent, read them more fairy tales.”

SCHOOL & COMMUNITY NEWS

ATHLETICS CARNIVAL 2015

Wednesday 3rd June
Location: BPHS Oval
Start time: 8.45am
Finish: 2.30pm

LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th Century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but having new eyes”. Volunteer to host an international high school student arriving into Australia in July 2015 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and see the world in a new light.

Carefully selected students will arrive in July for one term, one semester or two semesters from France, Germany, Italy, Switzerland, Spain, Sweden, Norway, Finland, and Denmark. They will attend a local High School, arrive with their own spending money and comprehensive health insurance cover – all arranged by Southern Cross Cultural Exchange. To enquire about becoming a volunteer host family visit us at www.scce.com.au email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles and capture the spirit of family and friendship.

UPCOMING EVENTS

The next P&C Meeting will be held on

Monday 1 June
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!
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: ........................................................................