Ballina High School was first established in 1929 as an Intermediate High School. In 1956 the school became a High School. Ballina High School has a long tradition of excellence in academic, cultural and sporting endeavours. Students have gained district, Regional, State and National status in all areas of school life.

2011 Swimming Carnival

Boys Age Champions

Back row from L-R: 17yrs Joel Staude 18yrs Luke Montgomery 16yrs Ben Frost

Front row from L-R: 13yrs Jack Graham-Jones 12yrs 2nd Brandon Anderson 15yrs Liam Anderson

14yrs Mark Binge (not pictured)

Girls Age Champions

Back row from L-R: 17yrs Sarah Short 16yrs Katelyn McGuire 15yrs Marissa Carr

Front row from L-R: 12yrs Erin Wilson 14yrs Caitlin Baldwin

SOPHIE THOMSON’S DREAM OF BECOMING A MATILDA IS ONE STEP CLOSER

Sophie Thomson’s dream of becoming an Australian Matilda is one step closer, as she was recently selected for the Westfield Australian Under 17 Women’s Football squad as goalkeeper.

The Young Matildas will be competing in the Asian Football Federation Cup (AFC), held some where in Asia during November. These finals also act as the qualification tournament for the 2012 FIFA U-17 Women’s World Cup to be held in Germany.

Sophie will be attending the Australian Institute of Sport in Canberra for a number of training camps throughout the year in preparation for the final series and hopefully Germany in 2012.

ACADEMIC EXCELLENCE

The top performing students in the HSC in 2010 were presented with cheques from the P&C. During the first assembly of the year the Dux of the Year, Gracie Astill-Torchia, also received the Principal’s Trophy. Congratulations to (from left to right) Aleesha Banner, Gracie Astill-Torchia and Emily Hunter.

Mr Andrew Playford

Mr Phil Steer · Deputy Principals: Mr Errol Ussher & Mr John Douglas
Locked Bag 1 (Burnet St) Ballina 2478 · Ph 02 6686 2133 · Fax 02 6686 4235 · Email: ballina-h.school@det.nsw.edu.au
Indoor Circus School

**At Circus Arts**
Under 10’s 3.45pm Monday and Wednesday.
Over 10’s 5.00pm Thursday. All ages 10.00am Saturday.
Gym Mix 4.00pm Wednesday.
Flying Trapeze + Advanced Sessions, Kinder Classes, Birthday Parties and more?
New Term classes from Monday 31 January.

BYRON ENTERTAINMENT CENTRE
17 Centennial Circuit, Arts and Industry Park
6685 6566 Bookings Advised

BORROWED BLAZERS

Please be aware that all blazers, shirts and ties borrowed from the uniform pool are to be returned clean.
Please inform us if buttons are lost or missing from the garments.

*If blazers or ties need cleaning please*

**DRY CLEAN ONLY**

Student Accident or Medical Insurance

The Department of Education and Training does not provide, nor has ever provided, accident or medical insurance for students enrolled in government schools.

The department is however insured to cover the financial impact of any legal liabilities that it faces arising from its activities. If the department or one of its staff is negligent and this causes a student to be injured, then the student will be able to legally recover damages from the department (and the department’s insurance will cover the cost).

However, if an accident occurs at a school which is not caused by any wrongdoing or omission by the department, then the department is not legally liable.

Should parents wish to cover their children, there are various forms of insurance available, irrespective of whether fault can be asessable. These include:

- Student Accident Insurance – available through the Federation of Parents and Citizens’ Associations of NSW and from commercial insurance suppliers;
- Sporting Injuries Insurance Scheme – covering catastrophic injuries;
- The Supplementary Sporting Injuries Benefits Scheme; and
- Private health funds.

Student Accident or Medical Insurance

MOVIE PASS GIVEAWAY

Question:
What was Mickey Mouse’s original name?

Have your answer in by Tuesday,
Day 2, Week A, Recess.
Draw will be after recess.
Place your answers in the box on the Receptionist Desk at the Front Office.
Last year’s winner was Niara Lapic-Donovan Yr 8 with the answer “The Mask”.

Next P&C Meeting

Monday 21 February 2011 – 7.00pm

*Every Year 7 parent is warmly invited to attend*
In April and August of last year, Ballina High School student, David Richards Year 10 Travelled to Thailand to donate food and clothing to disadvantaged children living in rural areas.

Well done David.

Ms Jodie Crowther

DAVID RICHARDS DONATES IN PERSON

In April and August of last year, Ballina High School student, David Richards Year 10 Travelled to Thailand to donate food and clothing to disadvantaged children living in rural areas. Well done David.

Ms Jodie Crowther

OPPORTUNITY FOR VOLUNTEERS 2011

Last year we were fortunate to have many wonderful Volunteers who assisted us throughout the year as Mentors, Tutors, and Special Project or Special purpose Volunteers. These generous people assisted us, weekly, monthly or as required at various times during the year.

Help and assistance of this nature is vital to the school and often rewards the Volunteer as well in various ways. Research has also shown that students whose parents are involved in their education benefit in many ways.

This year we welcome many new Year 7 parents so would like to invite as many as possible to take the chance to assist us in their preferred area of volunteering. There are many opportunities in the Canteen, for Reading Tutors, Education Mentors, Library Assistants, and School Radio announcers. Sometimes just a few hours per month can be very valuable when many people assist.

Any parent or community member who would like to be put on our Volunteer register for 2011 is asked to kindly call us at the school office 6686 2133 today. Also if you know of a person who you think would be a valuable asset to our school, (perhaps a grandparent) please suggest to them and invite them to consider this opportunity. Any training needed or information required will be provided. Your offer will be responded to as soon as possible.

Mrs Kim Hernage

FUNDRAISING FOR TOKE VISIT 2011

A Trivia night will be held soon as a fundraising event for the Toke Visit.(details in following Newsletter).

YEAR 7 LAKE AINSWORTH EXCURSION

As part of Ballina High School’s transition program for new students in Year 7, students attend the Lake Ainsworth Sport and Recreation Camp.

Students spend a day undertaking team, confidence and self esteem building activities. This year’s excursion will take place on Monday 14th February. Buses will depart from the school at 9am and return the students to school in time for the end of school at 3.30pm.

The cost for students is $5.00 and includes bus transfers, morning tea and lunch.

For more information please contact Larry Polak (Year 7 Advisor) 6686 2133 or by email at larry.polak@det.nsw.edu.au.

YEAR 7 WELCOME PARENT/TEACHER BBQ

All parents and teachers are invited to the Year 7 Parent/Teacher Welcome BBQ which will be held on Tuesday 15th February at 6pm-7.30 pm at the Hospitality area of the School. Sausage sandwiches and drinks will be provided.

Please RSVP to the school via your written invitation.

Mr Larry Polak

NEW CANTEEN SUPERVISER

Julie Gilmore has been appointed by the P&C as the new canteen supervisor. Julie will be implementing the DET Healthy Kids Food Policy. Julie has had extensive experience in the hospitality industry and will be changing the menu seasonally and also seeking students feedback on food preferences. However Julie needs more volunteers to work in the canteen. She would welcome anyone who is able to come in for a couple of hours on any given day. New menu attached.

Mr Andrew Playford

CYBER SAFETY

Schools are constantly having to update their thinking on how technology can be used to aid learning and deal with the impacts of changing technology.

In recent years there has been a rising presence of cyber-bullying. Cyber-bullying refers to the use of internet websites, email, instant messaging or SMS texts to pick on or intimidate others.

More information for parents about safety online is available on the NSW Public Schools website.

Advice to parents includes:
- keep computers in a family area, not in bedrooms
- check that websites visited are appropriate to the age of the child
- note that children under the age of 13 are not permitted to have a page on Facebook unless they have the direct consent of their parents

Safety online should be closely watched by parents to ensure the wellbeing of their children.

Mr Larry Polak

FUNDRAISING FOR TOKE VISIT 2011

A Trivia night will be held soon as a fundraising event for the Toke Visit.(details in following Newsletter).
**NEW STAFF MEMBERS**

Aaron McDonald  
**HSIE Department**
- Newcastle origin, born 1972
- Graduated Newcastle University Bachelor of Education (Social Science) 1994
- Deniliquin High School - HSIE Teacher 1995-2010
- Subjects taught - Legal Studies, Business Studies, Geography and History.

Looking forward to teaching and learning in the Ballina community.

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**STUDENT DIARIES**

*to be used Daily*

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**SECOND HAND UNIFORM POOL**

If your child has outgrown his/her school uniform the school would really appreciate it if those uniforms could be donated to our uniform pool. Please hand them into the front office. Thank you!

**Second hand items can be purchased for $2.**

The uniform pool is there for everyone to use, and if items are not donated we will have no spare uniforms to lend to wet, cold or out of uniform students.

If a student borrows a piece of clothing from the Uniform Pool, please wash and return ASAP – Thanks!
Young Drivers aged 17-25 years. Why are they at risk?

Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups.
3. Young drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the number one cause of road crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
   - Drink driving
   - Driver fatigue and distraction
   - Not using seat belts

Driver inexperience: Often young drivers don’t realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver’s skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what’s happening on the road.

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn’t feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website www.rrisk.com.au
Report Abusive Behaviour Directly to Facebook

The most efficient way for your teen to report abuse is to do it in the same place it occurs on Facebook. For example, if your teen receives a harassing Inbox message, they can report the message by clicking on the “Report” link next to the sender's name on the message. If your teen receives a harassing message from a person who is one of their Facebook friends, they should remove the person as a friend and report the message. Reporting the message as harassment will automatically add this person to your teen’s Block List. There is also a “Report/Block person” link available from the bottom of the abusive user’s profile. If you learn that someone is continuing to make abusive comments about your teen even after they’ve been blocked, you or a friend can report that person on your teen's behalf. Reports are confidential and the individual being reported does not know that they have been reported. After a report is submitted, we will investigate the issue and make a determination as to whether or not the content should remain on the site based on our Statement of Rights and Responsibilities. A Facebook administrator looks into each report thoroughly before taking action. Please note that our team makes it a priority to respond to reports of harassing messages on the site.

Canteen Volunteers

Experience
Not necessary. Everything you need to know will be learnt with in short space of time.

Salary
“A La Carte” lunch (healthy sandwich), plenty of tea or coffee and best of all friendship.

Bonus
Your children are happy to see you in their favourite place – school. You get to spoil them by spending a little extra money (all for a good cause) and you get to meet new people and make good friends within the school community.

Application close: NEVER
Please fill in the form below and send it back to the canteen as soon as possible. Your roster and orientation pack will be sent home to you.

Thanking you in anticipation.
Canteen Price List 2011

All Day availabilities

- Fruit salad..................................................$1.50
- with yoghurt............................................extra $0.50
- Selection of cereals.........................................$2.00
  - Sustain (low GI)
  - Porridge
  - Nutrigrain
  - Weetbix
- Muesli Cup topped with Yoghurt & Fruit Coulis..............$2.00
- Toasted Ham & Cheese Sandwich...........................$2.00
- Frozen Yoghurt.............................................$2.00
- Spiced Nut & Dry Fruit Mix................................$1.50

Recess and Lunch

Sandwiches:
- Egg & Lettuce...............................................$2.20
- Ham & Cheese...............................................$2.80
- Wraps & Rolls.............................................$3.50
  - Salad
  - Chicken & Salad
  - Ham and Salad
- Meat & Gravy Rolls.......................................$3.50
- Nori Rolls *(Choices available)*..........................$2.80
- Stuffed Baked Potatoes....................................$3.20
- Salad Boxes.................................................$4.00
  - Vegetarian
  - Chicken or Ham

Drinks

- Water - 600ml...............................................$2.00
- Water - 1 L....................................................$2.50
- Berri Juice - 300mL.........................................$2.00
- Berri Juice - 400 mL.........................................$2.60
- Large Big M & Oak Flavoured Milk........................$3.00
- Small Big M & Oak Flavoured Milk.........................$2.00
- Nippy’s Milk..................................................$2.00
- Up & Go.......................................................$2.20
- Vita Soy.........................................................$2.00
- Plain Milk - 600 mL.........................................$2.20
- Plain Milk - 1L..............................................$2.80
- Fruit Juice Poppas..........................................$1.50
- Daily Juice Poptops.........................................$3.00
- Hot Milo.........................................................$1.50
- Tea or Coffee................................................$1.50

Snacks

- Frozen Fruit Cups *(apple/orange)*..........................$0.70
- Frozen Yoghurt...............................................$2.00
- Lemonade Icy Twists........................................$0.90
- Calippos........................................................$0.90
- Paddle Pops *(Chocolate)*..................................$1.20
- Paddle Pop Thick Shakes....................................$2.00
- Splice - Real Fruit..........................................$2.00
- Jj’s Salt & Vinegar, Chicken.................................$1.00
- Red Rock Chips..............................................$1.20
Ballina High School Shoe Regulations

Thank you to all parents who are supporting the school by ensuring that their child/children are in full school uniform each day. School shoes are an important part of our uniform and they must conform to the Occupational Health and Safety requirements determined by the Department of Education and Training. Parents are reminded that our students’ school shoes must be enclosed and hard-covered (leather) and must not expose the foot in any way.

- School shoes must be made of leather and offer adequate support to the foot and stable sole for playground and sport. (Some may prefer a second pair of appropriate sports shoes white or black only.)
- If the shoe takes laces, these must be worn and fully laced up.
- The shoe must cover the entire upper section of the foot to protect against falling objects or spilt liquids.
- Shoes must not have canvas or woven panels.
- The shoe must be completely black or white (including sole and laces).

We thank parents for ensuring students are in the correct footwear each day so that they do not breach important safety regulations and for providing supportive footwear for growing feet.

STYLES OF SHOES THAT COMPLY WITH OH&S REGULATIONS

STYLES THAT DO NOT COMPLY
Dear Parents and Carers of Ballina High School students,

Firstly welcome to 2011. We are excited about the year ahead and all that it holds for our school learning community.

This year we are introducing Learning Curve Planners to Ballina High School in an attempt to develop the students’ qualities as learners and also to improve our study culture.

All students in Years 7, 8 and 9 will receive a Junior Planner while Years 10, 11 and 12 will receive a Senior Planner.

A great start for parents and students to gain a clear understanding of the planners is to read: “How to Best Use the Learning Curve” on page 3 of each student planner

The Junior and Senior planners have been designed to enhance the development of students academically, socially, culturally and personally.

There will be regular articles in the newsletters on how we can make the best use of the Learning Curve planners. They will contain suggestions on how you can become more empowered to assist in your children’s education. You are also able to access an extensive array of support materials for the planner on the website, www.learningcurveplanner.com.au. There is an extensive Parent’s Guide to the Learning Curve Planner in the parents section of the website.

There is also a Learning Curve Teachers’ planner that will be used by all teachers to link the material together. Each Tuesday roll call teachers will run through the weekly focus. The focus for last week was Home study sessions; this week will be Getting things in order and Prioritising and next week will be Study Timetables.

A copy of each weekly Focus is included on the reverse to put on your fridge so you know the focus we are working on at school for that week. You can support the work of the teachers at school by helping with the focuses at home.

The focuses are designed to initiate discussion, both at school and at home, on the issues contained and promote a Team approach. Secondary students are often reluctant to share what’s happening at school with their parents.

There is also extra material based around the Habits of Mind, Higher Level Thinking, Learning Styles, Multiple Intelligences and a vast range of other valuable information and skills.

All the best
From the Learning Curve Planner team at Ballina High School

“We first make our habits and then our habits make us” John Dryden
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Water Polo Under 15 years New Zealand Tour — The trials for the 15 years and under (players cannot turn 16 years of age in 2011) CHS Water Polo team to tour New Zealand from 18 April 2010 to 23 April 2011 are outlined below. Please indicate your interest to attend the trials by completing the form (contact Jenny Warren 02 6623 5938, Jennifer.warren@det.nsw.edu.au for the form) and send the information by email to: Robert.a.greenwood@det.nsw.edu.au The GIRLS trials will be on Saturday 19 February. The BOYS trials will be on Sunday 20 February.

Ballina Hockey Club, Junior Hockey Fun (5-15 years) — Learn Pre season skills, no experience necessary, hockey sticks supplied. Where: Kingsford Smith Park, Ballina. When: Tuesdays for 6 weeks starting 8/2/2011. Time: 4.15-5.15pm. IT’S FREE. Bring: Hat, sports shoes, mouthguard, long socks, water bottle. For more information contact: Sue Hunter 6686 3619, eggs@bigpond.com, Donna Cronin 6683 4676, weldcro@bigpond.com or visit our club website: www.ballinahockey.org.au

2011 Netball Sign on — Saturday 26 February, 2011. 9.30am-12.30pm. Including all netball clubs within the Ballina Shire. At Kingsford Smith Park (Owen Street) Courts. All sign on information, Demonstration games, Skills sessions, BBQ facilities. Enquiries: www.ballina.netball.asn.au, 6686 7191, Alstonville 0408 010 079, Headlands 0414 792 756, Lennox Head 0414 834 612, RSL All Saints 0430 487 600. Email netballballina@bigpond.com. For all ages from 5 years to Seniors.

Ballina Bombers AFL Sign on — Saturday 12 February. 11am-1pm Fripp Oval, Canal Road Ballina. All welcome!

Auskick (turning 5 & 6) and U8s play & train Friday nights 5.30pm-6.30pm @ Fripp Oval $30. U9 & U11 train Friday nights and play Sunday morning $120. U13 & U15 train on Thursday nights and play on Sunday mornings $120. Call Joanna on 6687 4713 or Joanna.bainbridge@bigpond.com.

Wollongbar TAFE — Wollongbar TAFE’s supportive and friendly ‘Preparation for Work and Study’ course will help you make the choices that are right for you. This free course will provide you with valuable skills to help you get the job you want. If you need further training we’ll help you build the necessary study skills. As well, you’ll gain confidence by learning essential workplace communication skills. The course includes computer training and an optional work experience unit. It runs within school hours, 3 days a week, Semester 1, 2011. Phone Wollongbar Campus on 66204700

Debutante Ball 2011 — Southern Cross LADS Inc. Will be holding a Debutante Ball on Saturday 7th May and would like to invite all girls 16 (in 2011) or older to participate in making their debut. For more information contact Ann New on 6624 6698 or email Ann at anmacoje@bigpond.net.au (Subject line to read - Interested Deb).

At the YAC (32 Swift) — Arvo Sessions, every Thursday & Friday 3.30-6.00pm. Basketball, good times, homework help, Wii, computers and heaps more. Get amongst it! Coming up soon massive Dance Parties, BBQ’s and much more! Questions call Matt Tantarti 6681 5511. Email youth@BDCSA.org, SMS 0433 800 082.

Starting Wardell: Arvo Sessions at Wardell. Wardell Community Centre. Every Wednesday from 3.30-6.00pm. Starts Wednesday Feb 30th.

Short Film Night and Youth Forum — Ballina District Community Services Association and the Wardell Community Centre invite you to join us for a short film night including the premiere screening of a short documentary call “OUR ISLAND” PAST AND FUTURE OF CABBAGE TREE. Featuring the songs and experiences of local youth and the stories of elders. Have your say on the next youth project for Wardell and Cabbage Tree. Wednesday 23 February, 6-7pm, Wardell Memorial Hall. Free entry & light snacks provided.

Bangalow Soccer Club Junior Sign on — Saturday 19th February 9-11am. Wednesday 23rd February 4-6pm. Saturday 26th February 9-11am. At Bangalow sports Field canteen. Fees Grades 6-10 $100. Grades 11-16 $125. Fees payable on day of registration. Proof of age required for new players, eg Birth Certificates. For information please phone Dale on 6687 2154.

Is Technology Passing you by — This exempt course will help you catch up! (only a small course-related charge $30 for materials will apply). If you’d like to learn basic computer skills such as file management, making simple Word Documents, learn email, search the internet, upload photos, how to make a presentation of family photos, etc. This course will suit you. You’ll learn in a small group, in a relaxed and supportive environment. You don’t need any computer skills to begin. Semester 1, 2011. Tuesday 9.30-12noon and Thursday 9.30-11.30am noon starting 22 February in the General Education faculty. Please call Wollongbar TAFE on 6620 4700 for an expression of interest form. Please note: Preference will be given to people in paid or volunteer work (or those who are intending to enter the workforce in either a paid or voluntary capacity) who need to improve their basic computer literacy and writing skills. Students and those preparing to resume study are also welcome to apply.