International Women’s Day Celebration

On Tuesday 8 March four year 12 students, Andrea Wenzel-Nicholson, Emily Shepherd, Lauren Baldrey and Sarah Ash Tory and one Year 10 student, Nada Van Kempen, as a member of the Junior Chamber of Commerce attended the centenary celebration Women’s International Day, a global celebration of economic political and social achievements of women in the past present and future.

Robyn Horden, Councillor Ballina Shire Council, Melanie Loomes, Southern Cross School Captain and guest presenter, Ingrid Poulson, spoke at the luncheon.

Ingrid Poulson has risen from the depths of tragedy and gone on to inspire thousands through her own compelling story of resilience. She explained that resilience is not something you “have” or “don’t have” but rather composed of a set of skills, thoughts and behaviours that can be learned to help us cope and rise again. She has written a book called ‘Rise’.

It was a liberating experience to sit among other women who also share a vision of women’s equality.

The inspirational keynote speaker, Ingrid Poulson, shared her amazing journey as she turned herself from a ‘victim’ to a ‘survivor’.

An amazing day that I would recommend to everyone.

Andrea Wenzel-Nicholson – Year 12 Student

Harmony Day at Ballina High School

Ballina High students participated in Harmony Day celebrations on Monday the 21st of March. To celebrate the day students wore orange and gave a gold coin donation.

The ongoing theme for Harmony Day is that ‘everyone belongs’. It is a day of celebrating our cultural differences as well as what unites us as Australian’s, promoting tolerance and respect for all. Money raised will be used for cultural celebrations throughout the year.

www.ballina-h.schools.nsw.edu.au

Principal: 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
**Ballina Soccer Club** — Players wanted for U15’s Girls Team.
Contact Deve 0418 417 441.

**Ballina Junior Rugby Union Sign on Dates** — At the clubhouse 5-7pm on the following dates: Wednesday 16, 23, 30 March, 2011 + training night. All Junior fees will be $95 for the 2011 season and each player will receive Top + Shorts + socks as part of their sign on fee. Any enquiries President Lyster Hart 0428 342 967 or Tim Apps 0412 734 454.

**Trek Quest Outback 4x4 Jurassic Adventure, Walk with the Dinosaurs**— Leaves to Grman via Condamine, Charleville, Muttabura, Winton, Jundah, Adavale and Bollon. 24 September to 1 October, 2011. Fees $200 deposit paid with entry plus $1000 paid by 17/9/11. Call Peter on (02) 6663 1442 or A/H 6663 1538, 0418 666 937, Fax: (02) 6663 1528. www.trekquest.org.au.

**BRUNSWICK HEADS KITES & BIKES FESTIVAL** — Sunday 27 March, 2011. Get there early for the Kite making Workshop in the housie shed from 9am until Midday. Join the ‘Kite Flying on the Beach in Banner Park’ if you think you need some practice before the big whole festival ‘Fly-in’ at 2pm. For full program to www.kitesandbikes.com.au or call (02) 6685 1003.

**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!**

**MOVIE PASS GIVEAWAY**

*Question:* How many countries are still members of the British Commonwealth?

*Have your answer in by Tuesday,*
*Day 3, Week A, Recess.*
*Place your answers in the box on the Receptionist Desk at the Front Office.

*Last winner was Vincent Whiting Yr 7 with the answer “Emu & Kangaroo” – good luck!*

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**NSW PUBLIC SCHOOLS ONLINE MAGAZINE**

“SCHOOL PARENTS”
Helping Mums and Dads with school life
Accessible through
www.schools.nsw.edu.au/ezine
A number of students have now organised their work experience for next term. It is hoped that most students will have their positions organised by the end of Term 1.

Those students who are having work experience on a construction site must do the OHS Induction Course to obtain their White Card. Note that this requirement also applies to all students who are having work experience with Ballina Shire Council. The course will be delivered next term to those students who have given their names to Mr Crane. There are still a few places available so any other students who wish to do the course must see Mr Crane by next Monday.

**BOYS OPEN BASKETBALL**

Ballina High School Boys Open Basketball Team played Kingscliff High in the first round of the state knockout and were defeated in a close game.

Grant and Mitchell Knight, Aaron Lupton and Russell Dickson all played the entire game and David Foley and Joel Staude shared the other spot. Aaron had an outstanding game and he, Grant and Mitchell thoroughly deserved their selection in the zone squad.

In our consolation game against Tweed River High, Soul Tartaro and Kye Spence enjoyed a lot of court time, with the highlight being Soul’s three-pointer. The team had a comfortable win and were excellent ambassadors for the school on the day.

*Mr Garry Coughlin*

**GIRLS’ BREAKFAST CAREER EXPERIENCE DAY AT GRIFFITH UNIVERSITY – Wednesday 11 May**

Any girls from Years 10, 11 and 12 who are passionate about sport may like to attend this event. The event focuses on careers related to sport including sports media, nutrition for sportspeople and body science (physiotherapy and exercise science). Students are to see Mr Crane if interested in attending.

**UNIVERSITY OF NEW ENGLAND OPEN WEEKEND**

A full weekend of activities will be held at UNE Armidale on 6-8 May to showcase the university to prospective students. Parents and students who would like further information about this event can go to the website: www.lifeataltitude.com.au

*Mr Crane*

**OPEN BOYS AND GIRLS SOCCER**

On Thursday 17 March the Open Boys and Girls Soccer Teams competed in the Far North Coast Knockout Competition at Tweed Heads. In humid conditions both teams played two games and all players attempted to impress the selection committee to gain selection in the Far North Coast Squad. The boys were unlucky in their first game against Kingscliff High after a close first half finally going down by a couple of goals. The second game against Banora point proved more triumphant with a 12-nil victory going our way. The girls were far more successful winning both of their games to proceed to the next round of competition. The girls started their campaign with a 12-nil victory over Banora Point and then continued that winning form with a two goal conquest over Southern Cross.

In both of those games there were some fantastic individual performances that should give the girls a great deal of confidence before their next game against Byron Bay. Congratulations goes to Phillip Francis, Sophie and Bridget Thomson who were all selected to go in the Far North Coast Squad that will compete at Maclean in a couple of weeks.

All students should be congratulated on their participation and effort which made for a very pleasant day.

*Mr Bisogni & Ms Conklin*

**BREEDING GREEN TREE FROGS**

The Support class have been breeding green tree frogs in the classroom as part of their science course this term.

The frogs have been released into the schools native garden. The class will be building a pond in the garden later this year to continue the successful breeding program.

Thanks to John Hollingsworth (GA) for supplying the tadpoles and the canteen for lettuce leaves.

*Ms Melissa Gold*
**EXAM DISABILITY PROVISIONS**

Year 10 and Year 12 students who have a diagnosed medical or learning disability may be eligible for disability provisions to allow them to perform equitably in the School Certificate Tests or the Higher School Certificate Examinations.

Provisions available include: separate supervision; extra time; reader; writer; rest breaks; enlarged scripts. Applications must be supported by appropriate medical documentation. Any student who feels that they wish to apply for these provisions should see Mr Ussher by April 1.

*Mr Andrew Playford*

**CLEAN UP AUSTRALIA**

A group of student volunteers did a great job of cleaning up last week. They worked around the school and then the bushland around the lake at Kingsford Smith Oval. Many bags of rubbish were filled in the hot conditions. Well done all.

*Mr Andrew Playford*

**ROTARY CAMP WAS AWESOME!**

Students who attended the Rotary Youth Program of Enrichment held at Camp Bornhoffen in Queensland returned with some fantastic stories. Shona Mulcahy, Amy Giddings and Cheroki Waters from Year 10 had an amazing time and encourage all students to get on with life and have a go!

*Mr Andrew Playford*

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**Dates for your Diary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 Mar</td>
<td>Yr 12 Debate BHS vs Benora Point HS</td>
<td>Mrs Horsley</td>
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<tr>
<td>29 Mar</td>
<td>NCCHS Golf at Yamba</td>
<td>Mr Krix</td>
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<tr>
<td>30 Mar</td>
<td>SRC Induction Formal Assembly</td>
<td>Mr Playford</td>
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<tr>
<td>01 Apr</td>
<td>Yr 12 Half Yearly Exams (finish on 8 April)</td>
<td>Mr Schwarz</td>
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<td>05 Apr</td>
<td>Mini Language at SCX</td>
<td>Mr Playford</td>
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<tr>
<td>06 Apr</td>
<td>Community Volunteer Reading M/T</td>
<td>Ms McKenzie</td>
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<td>08 Apr</td>
<td>Last day of Term 1</td>
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<td>27 Apr</td>
<td>Pupil Free Day – Staff Development Day</td>
<td>Mr Steer</td>
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<tr>
<td>28 Apr</td>
<td>Students Return to School</td>
<td>Mr Steer</td>
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<tr>
<td>04 May</td>
<td>Marine – AHS – PET Program</td>
<td>Mr O’Connor</td>
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<tr>
<td>05 May</td>
<td>Northern Rivers Careers Expo</td>
<td>Mr Crane</td>
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<tr>
<td>06 May</td>
<td>Yr 7 Vaccinations A1 &amp; A2</td>
<td>Ms Gold</td>
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<tr>
<td>10 May</td>
<td>FNC Open Touch – Cudgen</td>
<td>Mr O’Hara</td>
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<tr>
<td>10/12 May</td>
<td>Yr 7 &amp; 9 NAPLAN</td>
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<tr>
<td>13 May</td>
<td>Annual School Cross Country</td>
<td>Mr Buchanan</td>
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**ZONTA FINALIST – REGIONAL FINALS**

Congratulations to Andrea Wenzel-Nicholson for making the regional finals for ZONTA.

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**SENSATIONAL SENIORS MOBILE WORKSHOP**

Students from Year 9 assisted over 60 people to use their mobile phones more effectively. They met at Ballina RSL during Seniors Week for intensive lessons on texting, using the camera and many other applications. All involved complimented the students for their patience and skills.

*Mr Andrew Playford*

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**Opportunity for Students**

**YOUTH COUNCIL**

Get your Information Package

Ballina Shire Council is seeking to engage with the shire’s youth who would like to get a taste of local government and civic leadership by establishing a Youth Council.


An information session will be held at 5.00pm Tuesday 29 March at Council’s Customer Service Centre (Cherry and Tamar Streets Ballina).

Young people and parents/guardians are most welcome to attend. It would be good to have some Ballina High students represented on this council.

If you are interested please send an email to [kimberley.hernage1@det.nsw.edu.au](mailto:kimberley.hernage1@det.nsw.edu.au) and register your interest before 28th March at 5pm.
Tips for supporting Provisional Drivers

Remember your teenager is still very new to driving. Continue to encourage safe driving including:

- Ensuring they organise their time so they can stick to posted speed limits and adapt to driving conditions, such as rain.
- Get them to plan their night before they leave. For L and P1 drivers, mobile phone use is prohibited, even hands-free or loudspeaker.
- Slowly increasing the amount of independent night driving – this is a time when young drivers are more likely to crash.
- Gradually allowing them to increase the number of passengers in the car once they have progressed to the P2 stage. Remember, P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (some exemptions apply).

Before your teenager goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas for young people to consider:

- Leave the car at home.
- Catch a bus – check timetables to avoid waiting times at bus stops.
- Stay overnight with a friend.
- Arrange to be dropped off and picked up by a parent or other responsible adult.

Also discuss:

- Driving alcohol free.
- Dealing with pressure from friends to drive in an unsafe manner.
- Being a responsible passenger.

For more information about the RRISK program and risk taking visit www.rrisk.com.au
What do I do if someone is attacking my teen in a public forum?

We suggest that your teen block the person by listing his or her name in on the "Block List" section of the Privacy Settings page. If this does not resolve the problem, you or your teen can report the individual by clicking the "Report/Block this Person" link that appears at the bottom of the user's profile. Reports are confidential and the user being reported does not know that they have been reported.

My teen is receiving unwanted messages. What should I tell him or her to do?

There are a few things your teen can do to resolve this:

Your teen can anonymously report messages by clicking on the "Report Message" link under the name and picture of the sender when viewing a message. Facebook will review your complaint and will act to ensure all users comply with our Statement of Rights and Responsibilities so that Facebook remains a trusted environment where people can interact safely.

Your teen can easily block any user on Facebook from seeing or contacting him or her by navigating to the "Block List" section of the Privacy Settings page. From there, direct your teen to enter the name or email address of the user he or she wants to block in the "Person" or "Email" fields at the bottom of the page and click "Block."

Your teen can limit the people who can find him or her in searches from the "Search" section of the Privacy Settings page, which in turn limits who can send your teen a message. Your teen can also remove the option to send a message from his or her Facebook search listing from the "Contact Information" section of the Privacy Settings page.

My teen is receiving unwanted Wall postings. What should I tell him or her to do?

There are a couple of options available:

Your can remove any offensive Wall postings by clicking on the "Remove" link that appears on each posting.

If your teen would like to prevent the individual from leaving any more unwanted postings, you can advise your teen to remove the person as a friend from the Friends page. Only your teen's friends can post on his or her Wall.