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.

Industrial Technology Timber Furniture

**HSC Major Works**

The Major Works for the HSC Timber have been completed and they look fantastic. The excellent standard of design and completion is a tribute to all the students.
The NSWCHS Athletics Carnival is being held at the Homebush Stadium in Sydney on the 8th, 9th & 10th September 2011.

Nine Ballina High school students have been successful in being selected to compete in a variety of events at this carnival as members of the North Coast Athletics team.

**Congratulations and good luck to:** Matthew Collins, Michael Cremin, Connor Gater, Phenix Jenner, Samantha Key, Shane McBurney, Giacommo Pippo, Alex Plummer and Ethan Thompson.  
*Mrs Gallaway,  
Sports Organiser*

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**LEARNING CURVE PLANNER FOR 2012**

The school will be using the Learning Curve diaries for another year after discussions with the publishers. Rohan Jarvis from the company has agreed to make some changes to the publication that will assist students and staff to heighten the teaching and learning process.  
*Mr Andrew Playford*

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**COOL COOL CUBBY**

The VEC construction students installed the Cool Cubby at Wollongbar pre-school. The cubby was well received by the staff and 26 enthusiastic pre-school children. The water tank and solar panel will be fitted soon. Congratulations to all the boys for the hard work that they put into the project. Maybe in years to come your children will be able to benefit from the cubby. A big thank you to J.H. Williams Ballina for supplying the material for the cubby at trade price.  
*Mr Paul Frangos*

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**MOVIE PASS GIVEAWAY**

**Question:** In the USA what name was given to a seller of illegal alcohol?

Have your answer in by Wednesday,  
Day 3, Week A, Recess.  
Place your answers in the box on the Receptionist Desk at the Front Office.  
Last weeks winner was Daniel Kapeen Yr 10 with the answer “Colony”.

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**Next P&C Meeting**

**Monday 19 September 2011 – 7.00pm**  
Every parent is warmly invited to attend

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**2011 TRADE SCHOOL INFORMATION EVENING**

on Tuesday 6 September, 6.00-7.00pm  
at Ballina High School in the Trade Centre  
Please enter through the VEC office located in Martin Street  
Light refreshments will be served at 6.00pm
**New online school resource for parents**

The School A to Z online school community provides practical advice about homework, tips on learning, wellbeing, technology and resources to help parents and carers support their child’s social, physical and mental development.

School A to Z includes:
- Free mobile application for iPad and smart phones that features maths and spelling games.
- Facebook and Twitter sites to allow parents to share experiences, tips and hints online
- Printable homework help sheets
- A-Z lists of English, maths and technology
- Assignment starters on popular classroom topics
- Lunchbox recipes
- Podcasts, videos and articles on a broad range of topics

The concept was developed in response to parent concerns about not being able to confidently support their child’s learning at home. Content ideas and feedback are always welcome schoolatoz@det.nsw.edu.au

www.schoolatoz.com.au

**JUNIOR CHAMBER OF COMMERCE NEWS**

Interested students from Years 9 and 10 are invited to show expression of interest to participate in this great opportunity.

We currently may have two vacancies for next year.

The purpose of the Junior Chamber is to encourage networking across the different school communities and instil business and meeting practices in the business people of the future. Students participate from Xavier Catholic College, Southern Cross K-12, Ballina High and Emmanuel Anglican College. It is targeted at Commerce students in Years 9 and 10, however any interested student should make themselves known to Mr McDonald or Mr Polak.

The Junior Chamber is proudly sponsored by Newcastle Permanent Building Society, Tursa Employment and Crowley Retirement Village. They have a breakfast meeting the first Wednesday of every month at the education centre at Crowley Retirement Village. The meeting goes from 7.30am – 8.30am.

The Junior Chamber also assists in event planning and on Friday 14 October will assist in the setup of the Ballina Business Awards.

Finally, the Junior Chamber will be running a Relay for Life team in the last weekend in October. All the schools will be represented and more students are encouraged to participate.

*Mrs Kim Hernage, CLO*

**FINANCIAL PLANNING WORKSHOP**

There will be a half day Financial Planning Workshop sponsored by Newcastle Permanent Building Society on Wednesday 14 September, 2011 at the Ballina RSL. Students are required to be there by 8.30am and will finish at 12.00pm. Morning tea will be provided. There are places for 30 students per school. Anyone interested should see Mr McDonald or Mr Polak.

*Mrs Kim Hernage, CLO*

**COLES SPORTS FOR SCHOOLS**

Coles Supermarkets are giving away vouchers for every $10 spent, for schools to purchase new sporting equipment. Let’s get as much new sports gear as possible. Please place your Coles dockets in the collection box which is located in the front foyer of the school office.

*So come on
Start Collecting!*

**VETERANS SEEK TRANSLATION**

Veterans from World War II recently called into the school for assistance with translating words written on a captured flag. The Japanese flag had many kenchii symbols that when translated talked about family, friends, honour and home. Ms Fleming the Japanese teacher who translated the flags said “it was emotional to be translating script from a war 70 years ago”. The flags will go on display at Ballina RSL museum.

*Mr Andrew Playford*

**TEACHER MOONLIGHTS AS AUTHOR**

Ballina High School PE teacher Mrs Kelly Smith has published her first book. Titled “Sunny and Coco’s A-Z of Surfing!” the book is an alphabetical journey of health and safety. Mrs Smith presented a copy of the book to Library Officer Mrs Huxtable.

*Mr Andrew Playford*
Group learning is an effective way to harness and value a wide range of abilities and talents, points of view and attitudes to issues and enabling input from students who may not contribute to whole class activities. It enables students to experience ‘peer’ learning and feel valued for their views and ideas. Collaborative habits are also cultivated through empathetic listening and clear communicating with their eyes, their ears and their hearts.

Year 9 Industrial Technology Timber students have recently completed jewellery boxes. Andrea Stuart and Jenna Taunton proudly display their handy work. Andrea inlaid dragonflies on her lid while Jenna carved in the words “Good Charlotte”. Each jewellery box features felt lining, a mirror and a small removable tray that can be used for storing small items of jewellery.

As detailed in a previous newsletter Ballina High School’s funding as a PSP school will be reviewed early in 2012. There are many benefits of receiving funding as a Priority School. PSP provide funding and staffing which aims to improve literacy and numeracy achievements as well as engagement of students from low socio-economic status backgrounds.

Over the next few school newsletters, we will be detailing information about each individual program that is funded by PSP and its benefits so that the school’s parents and community are well aware of the significance of the value of being funded as PSP school.

The support of all families will be crucial when the survey, which determines this funding is ongoing, is conducted next March.

The Programs funded by PSP are QuickSmart program; Literacy program; Community Liaison Officer; Year 8 Project Learning Class; Year 10 Portfolios: and funds for extra staffing which allows the school to offer a broader curriculum, for example, extra subjects in the senior school.

Next Newsletter will provide information about one of these programs in detail.
# Canteen Price List 2011

## All Day availabilities
- **Fruit salad** .............................................. $1.50
- **- with yoghurt** ........................................ extra $0.50
- **Muesli Cup topped with Yoghurt & Fruit Coulis** ................. $2.00
- **Toasted Ham & Cheese Sandwich** ................................ $2.80
- **Spiced Nut & Dry Fruit Mix** .................................... $1.50

## Recess and Lunch

### Sandwiches:
- **Egg & Lettuce** ............................................. $2.20

### Toasted:
- **Ham & Cheese** ............................................. $2.80
- **Chicken, Cheese & Pesto** ...................................... $3.00
- **Ham, Cheese & Pineapple** ...................................... $3.00

### Wraps
- **Chicken Caesar** ............................................. $3.50
- **Chilli Chicken & Salad** ........................................ $3.50

### Rolls
- **Ham Salad** .................................................. $3.50
- **Garden Salad** ................................................ $3.50
- **Meat & Gravy (hot)** ........................................... $3.50

### Salad Boxes
- **Vegetarian** .................................................. $4.00
- **With Chicken or Ham** ......................................... extra $0.50

### Occasional/Variations change daily
- **Hamburger with Lettuce Tomato Cheese & Onion** ............... $3.80
- **Chicken Burger with Lettuce Tomato Cheese & Pineapple** ...... $4.00
- **Lasagne** ...................................................... $3.80
- **Nori Rolls (Choices available)** .................................. $2.80
- **Stir Fry** ...................................................... $3.50
- **Pizza's** ....................................................... $3.50
- **Stuffed Baked Potatoes** ..................................... $3.50
- **Cannelloni** .................................................... $3.50

## Snacks
- **Frozen Fruit Cups (apple/orange/pineapple)** .................... $0.50
- **Lemonade Icy Twists** ......................................... $1.00
- **Paddle Pops (Chocolate/Banana/Rainbow/Solar)** ............... $1.30
- **Splice - Real Fruit** .......................................... $2.00
- **Paddle Pop Thick Shakes** ...................................... $2.00
- **Frozen Yoghurt** .............................................. $2.00
- **Popcorn** ...................................................... $1.00
- **JJ's Salt & Vinegar, Chicken, Pizza** ............................ $1.00
- **Red Rock Chips** .............................................. $1.20
- **Grain Wave Chips** ............................................ $1.20

## Drinks
- **Water - 375ml** ............................................ $1.00
- **Water - 600ml** ............................................. $2.00
- **Water - 1.5L** ............................................... $2.50
- **Berri Juice - 300ml** ......................................... $2.00
- **Berri Juice - 400ml** ......................................... $2.60
- **Fruit Juice Poppas** ........................................... $1.50
- **Daily Juice Poptops (Orange/Breakfast)** ......................... $3.00
- **Iced Tea (Lemon/Peach/Raspberry)** ................................ $3.00
- **Large Oak Milk (Chocolate/Coffee)** ................................ $3.00
- **Small Oak Milk (Chocolate/Coffee)** ................................ $2.00
- **Large Nippy's Milk (Chocolate/Coffee)** ......................... $2.50
- **Small Nippy's Milk (Chocolate/Coffee/Strawberry)** ........... $2.00
- **Up & Go** .................................................... $2.20
- **Plain Milk - 600ml** .......................................... $2.20
- **Plain Milk - 1 L** ............................................ $2.80
- **Hot Milo** ..................................................... $1.50
This year the P&C has written cheques for making a valuable contribution to the provision of extra activities to the school. Ballina High Canteen is the only fundraising activity conducted by students and families.

Many of the students who have completed the course over the past ten years have given feedback that the skills and confidence they have developed as a result of Equine Studies have been invaluable in other areas of interest.

If you are interested in studying Equine Studies through Evans River Community School, please contact Alan Mecray at the school. Phone: 66666, Fax: 6692777.

Lennox Head Alstonville Nippers Sign on Days – Sunday 18 & 25 of September, 10-1pm.

The proficiency requirements to participate in Nippers are:
- U9s & U10s 25m swim (any stroke) and 1 minute survival float
- U11s 50m swim and 2 minute survival float
- U12s 100m swim and 2 minute survival float
- U13s 150m swim and 3 minute survival float
- U14s 200m swim and 3 minute survival float

Please bring swimming & goggles for lake swim & float proficiency. This can also be done prior to your local pool, forms are available at sign on or on our website.

Now is the time to book in for swimming training. Nippers’ is a safer and much more fun for children that can swim confidently, if they want on sign on they will need the proficiency requirements above.

Put a head start on getting the most out of Nippers now.

The forms are downloadable from the lennoxsurfclub.com.au. Birth certificates for proof of age for all children are required at sign on, all children will be required to participate in their appropriate age group.

Parents and Associate members and cost $50

Active Patrolling members (Bronze Medalion) $50

The first day of Nippers will be on Sunday 16th October starting at 9am. Parents are required to participate in Nippers too, so please come with swimmers, wetsuits, etc. So you can get in the water with your children every week.

The Equine Studies, Live it! Let it Happen – Host Family Opportunities in 2012 – In January 2012 students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months. Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establishing a lifelong link to a family in another country and contribute to international goodwill.

If your family can offer a friendly, supportive and caring home environment, contact us today. To hear more about this wonderful opportunity or our student exchange programs out of Australia Call Student Exchange Australia New Zealand on 1300 138 331, or visit www.studentexchange.org.au/host-a-student.

Ballina Basketball Association – Under 10’s, 12’s, 14’s, 16’s & 18’s competitions at South- em Cross School Gym every Thursday 4pm. Three students are selected each year from across Australia to come to Sydney and spend a week with Bell Shakespeare.

Each student must perform a 1.2 minute monologue from the suggested monologue list provided by Bell Shakespeare or a monologue of their choice from any Shakespeare play. To be eligible to audition, students must be at least 16 years of age by 31 December 2011, and still be at a high school full time in 2011. Students must complete the attached registration. Interested students can see Mr Gie for a copy of monologue and registration form. For more info contact Caroline Cowley NORPA Marketing Coordinator Phone 6622 0300 or marketing@norpa.org.au.

Ballina Workers Softball Club – Sign on Saturday 3 September, Albert Park, Lismore 9-12noon. Thursday 8 September Albert Park, Lismore 4.30-6.00pm. Great team sport for girls, boys and adults alive build lifelong friendships while learning new skills from qualified coaches. For further information contact Di: 6688 2065 or 0417 691 653. Tintenber East Ballina Junior Cricket Club – Sign up Tues 6 Sept 4-5pm, Thurs 8 Sept- 4.30pm, Sat 10 Sept 4-5pm. U9yo $70, U10 $70, U12 $75, U14 $80, U16 $80. Fees include playing and training shirt for new players. Milo “In2Cricket” (5-10yo) $50. For more info contact Colin Early 0419 608 775. Brett Crawford 0438 646 094.


Mental Health Month this October – The Wellbeing Exhibition invites artwork by people with a mental illness, friends, family or carers or anyone who works in the field. The exhibition will include painting, drawing, sculpture, photography, clay, print and still life work. Open from 12-29 October on the ground floor of the Lismore Library, the adjacent C Block (Academy of Arts), and in the Centro Shopping Centre. To receive an entry pack call 0439 607 697. Closing date is the 3 October, 2011.

Ballina High School Canteen

Ballina High Canteen is operated by the Parents and Citizens’ committee. The P&C has total responsibility for the running of the canteen including insurance, workers comp and salaries. The P&C employs a Canteen supervisor, Julie Gilmore for 37.5 hours per week to be responsible for the day to day running of the canteen and this year, the P&C has employed a canteen assistant, Pam Blowers for up to 15 hours per week. The employment of the canteen assistant has been necessary as there have not been enough volunteers to keep the canteen open 5 days a week. The employment of the second staff member reduces the profit of the canteen but the committee decided it was a better option than closing the canteen for 2 days per week as has been the case in other local High Schools.

The purpose of any P & C run canteen is firstly, to provide nutritious and affordable food to the students and staff. The second purpose of a canteen is to raise funds to help provide the extra things that make a school environment a positive experience for students and families. All profits from the canteen are given back to the school.

Ballina High Canteen is the only fundraising activity conducted by the Parents and Citizens Committee. When your children support the canteen and buy their lunch/ food at the canteen, they are making a valuable contribution to the provision of extra activities within the school.

This year the P&C has written cheques for:
- the NAIDOC Week activities within the school
- ‘The Brainstorm’ production which Years 7, 8 & 9 attended.
- Individual students who represent the school in regional or state sporting events.

The P&C have recently agreed to investigate the purchase of a small bus for the use of the school. This will help reduce the costs to students and families of excursions and outings and will expand the range of possible experiences for all students.

All families can assist the P&C to raise funds for our children by:
- Asking your child to purchase food from the canteen. Although the senior students are not permitted to leave the school at lunch time, it would be great if they could support the canteen when they buy their lunch. All profits go back to the school and to the students.
- Asking Julie about different food ideas. If there is something that you really like (and it’s a healthy option) Julie will do what she can to create it. Just ask!!

Volunteering at the canteen occasionally (just 2-3 hours once a month). It’s fun and educational and you might pick up some good tips about food from Julie and Pam. Call the canteen on 6686 26256 – they will be delighted to hear from you.

Attending a P&C meeting – 3rd Monday of the month at 7pm – Become informed about what’s happening in the school and meet the Principal and other staff in a relaxed and friendly forum. The meetings usually are finished by 8.30 because the P&C recognises that parents are busy people who don’t need long meetings on a week night.
Please circle the relevant group

- Parent / Carer
- Student
- Staff

A school uniform is designed to meet the following needs:

- Be affordable.
- Be comfortable.
- Be made of easy-care and easy wear fabric.
- Appropriate for activity.
- Suitable for all body types.
- Provide girls and boys with equal access to a full range of activities.
- Meet the requirements of occupational health and safety, anti-discrimination and equal opportunity legislation.
- Promote health and safety of students by identifying items necessary for particular activities.

**Question 1.**

Choose the style of skirt you feel would best suit the needs of junior girls in relation to uniform.
(Refer to diagrams of skirts on the back of this page)

Please tick the appropriate box.

a. 

b. 

c. 

d. 

The grey/blue tartan has long been recognized as belonging to Ballina High School, whilst navy blue is worn by Ballina Primary and Ballina High School seniors

**Question 2.**

Which fabric would you choose for the skirt selected above?

Please tick the appropriate box.

a. Grey/blue tartan

b. Navy blue
A

Shaped yoke on waistline
Not a waistband
Waist darts in front and back of skirt
Mid thigh or longer length
Slightly 'A' line skirt

B

Fitted to waist
No waistband
Centre back seam and zipper
Slightly 'A' line skirt
Mid thigh or longer length

C

Wide yoke in back and front
Side zipper
Mid thigh or longer length
Wide knife pleats in front and back

D

'Z' line back with waist darts
Waist band
Side zipper
Two inverted pleats in the front
Mid thigh or longer length