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 HSC Artworks

![HSC Artworks](image)

### CHS Athletics

<table>
<thead>
<tr>
<th>Student</th>
<th>Event</th>
<th>Age Group</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giacomo Pippo</td>
<td>Gold</td>
<td>13 years Boys</td>
<td>Javelin</td>
</tr>
<tr>
<td></td>
<td>Silver</td>
<td>13 years Boys</td>
<td>Discus</td>
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<tr>
<td></td>
<td>Bronze</td>
<td>13 years Boys</td>
<td>Shot</td>
</tr>
<tr>
<td>Shane McBurney</td>
<td>Silver</td>
<td>12-15 years Boys AWD</td>
<td>Discus</td>
</tr>
<tr>
<td>Pheonix Jenner</td>
<td>4th</td>
<td>16 years Boys</td>
<td>Shot</td>
</tr>
<tr>
<td>Michael Cremin</td>
<td>6th</td>
<td>16-19 years Boys AWD</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Matt Collins</td>
<td>11th</td>
<td>17 years Boys</td>
<td>100m</td>
</tr>
<tr>
<td>Aiden Plummer</td>
<td>11th</td>
<td>15 years Boys</td>
<td>100m Hurdles</td>
</tr>
<tr>
<td>Ethan Thompson</td>
<td>12th</td>
<td>17 years Boys</td>
<td>High Jump</td>
</tr>
</tbody>
</table>

[www.ballina-h.schools.nsw.edu.au](http://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
Next P&C Meeting
Monday 17 October 2011 – 7.00pm
Every parent is warmly invited to attend

MOVIE PASS GIVEAWAY

Question:
Who is the Roman god of fire?
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 Maggie McGinley Yr 9 with the answer “Australia”.

DIETARY CONCERNS

Over the past few weeks students of 8S4 Science class have studied some serious worries about drinking V drinks, Red Bull and Mothers.

We would like all parents to help us stick with our agreement “not to drink these before school or during school hours”.

- Excessive caffeine intake can produce anxiety, nervousness, restlessness and insomnia.
- Excess caffeine intake can result in headaches and nausea, all symptoms of dehydration.
- Excess caffeine intake can seriously raise blood pressure causing irregular heart rhythm which can be fatal.
- Excessive sugar intake can cause weight gain.
- Excessive sugar intake can produce health-related problems, including heart complications and lethargy.
- Excessive sugar intake can bring on diabetes and weaken the immune system.

Could we please suggest some better choices?

1. Water
2. Unsweetened juices
4. Clear or almost colourless soft drink

We, 8S4 Science and I, thank you for your support.

Mr Dennis Brown

THANK YOU MORNING TEA FOR VOLUNTEERS

Ballina High has many volunteers who help us with various programs. We held a term thank you morning tea where we focused on “What it means to be a volunteer” for all of our reading assistance and canteen volunteers. In a report from the Australian Bureau of Statistics the top reason for volunteering was “helping others in the community” 57%, followed by personal satisfaction 44%. Our volunteers this morning said that they all received levels of personal satisfaction from helping and enjoy the experience. Julie Gilmore, Ballina High’s Canteen supervisor, thanked the volunteers who help her and said how valuable their contribution is for the school. The Canteen, run by the P&C, distribute funds back into the school which benefits the school, students and parent alike. A big thank you to Julie Ferns who prepared the delicious treats enjoyed by the volunteers and her Year 9 students, Morgan Gibson, Billie Jeffery, Shannon Martin and Dannielle Green who served our guests.

Kim Hernage, CLO
Liming Truong and Emma Pirlo investigate how temperature affects reaction rate. They measured the burning time of two candles; one surrounded by boiling water and the other by ice. They found that the ‘hot’ candle burned much faster and brighter than the ‘cold’ one and concluded that the heat increased the reaction rate. They then applied this to living things and proposed (correctly) that tree rings are due to the growth of smaller cells during winter (when cold slows down metabolic reactions) and larger cells during summer (when the heat speeds up the tree’s metabolism).  

**Mr John Kersaitis**

**HOT vs COLD REACTIONS**

Our Visual Arts students have had great success recently in regional and national competitions. Georgia Huggett Yr 11, Cheroki Waters and Quinty Pinxit-Gregg, both in Yr 10, submitted works for the Muriel Finlay Art Competition and Exhibition. Georgia won the competition and Cheroki and Quinty received commendations for their paintings.

Cheroki’s painting of Ballina Lighthouse will be on display in Ballina Fair.

Chloe Mabbott Yr 9, submitted a photograph in the national Moran Schools Photography competition and from over 120,000 submissions, Chloe received a commendation. Chloe’s efforts represent an outstanding achievement. We congratulate her on having the desire and confidence to pursue her interests in this subject.

For all of these students… WELL DONE, you’ve shown us all what can be achieved when we get actively involved!

**Mr David Krix**

**A BIG CONGRATULATIONS TO OUR ARTISTIC STUDENTS**

**Mr John Kersaitis**

**FAREWELL TO SRC AND LEO**

A combined farewell for the Year 12 students leaders was held recently. The highlight other than the fantastic mud cake was the presenting of a cheque for $1500 to the “Our House” representative. Congratulations to all.

**Mr Andrew Playford**

**PERRY WINS TIPPING COMPETITION**

Hard working good bloke and teachers’ aid Mr Perry Long won the annual football tipping competition this year by one point. He was closely followed by John Dunn-Smith from Year 8.

**Mr Andrew Playford**

**EXCHANGE STUDENTS SAD TO GO**

Two of our fantastic exchange students will finish their studies at Ballina High School this term. Katjana Schwab and Raphael Grau have had a sensational time in Australia and we wish them all the best for their continued learning in Germany.

**Mr Andrew Playford**

**BAND AND YEAR 9 MUSIC CONCERT**

**Teddy Bear’s Picnic**

Today the Stage Band and a Year 9 music ensemble made their way down to the Richmond Room to perform for the Teddy Bear’s picnic organised by the Lighthouse Club. The band played numerous songs and enjoyed playing for the elderly. Some of the songs performed were Walking On Sunshine, The Impression That I Get, Hold on I’m Coming, She Will Be Loved, and Break Away. We finished off with our encore of Teddy Bears Picnic. We were rewarded with some snacks and drinks after our performance.

A big thank you to Johno the bus driver who helped us with all the gear. All in all it was a good day and Mr Willacy said he felt very proud to be performing with such a fine group of young musicians.  

Tiana Kelly Parkinson, Year 9 Student
As a well deserved reward for their “Attitude and Industry” in Semester 1 this year, 53 Year 8 students spent an adventurous day at Dreamworld. They enjoyed the rides of their choice until the cloudy weather deterred the general public from competing. Favourite targets were “The Claw”, the “Giant Drop” and new ride “Shockwave”.

The photos illustrate a few happy moments captured on the day.

Many thanks to accompanying staff, Perry Long, Shelley McNamara and Glen Worthington.

Ms Lynn Taylor

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**Financial Planning Workshop**

Last Wednesday students from Ballina High were fortunate to attend a workshop at the Ballina RSL which was organised by the Junior Chamber of Commerce and their sponsors Newcastle Permanent Building Society. These valuable sessions gave students an insight into ways of planning their financial futures.

Jack Norris said I had a great “fun” morning getting together with students from other schools and joining in with group activities and Blake Tyler said “The workshop gave us valuable skills that will be relevant and help us when we plan our financial futures.

Last week they attended a financial Planning workshops run by Newcastle Permanent (their sponsor). On Wednesday morning they attended the Breakfast held at Ballina RSL. They were privileged to hear Jennifer Jefferyes a qualified health practitioner who speaks to corporations throughout the world sharing practical real life strategies that help people improve their health, well being and productivity and thus find balance in their lives. In October they will be assisting with the set up for the Ballina Business awards and also in late October participate as a team with other schools in the Relay for Life event. Next year there will be an opportunity for 3 new students to join the Junior Chamber of Commerce (Year 9 & 10 students) so if you are interested in this opportunity please see Kim Hernage early next term or express your interest to a teacher in the HSIE area.

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**Dates for your Diary**

<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
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| 23 Sep| LAST DAY OF TERM 3
Yr 12 Graduation Assembly 9-10.30
2012 School Captains announced | Mr Steer     |
| 10 Oct| START OF TERM 4
Students Return to School | Mr Steer     |
| 14 Oct| Yr 11 Julius Caesar Performance, Lismore
Junior Chamber of Commerce, Ballina RSL | Mrs Horsley  |
| 17 Oct| Year 12 HSC Exams Start | Mr Parker    |
| 21 Oct| Armorial 600, Gold Coast
Support Unit, Lismore Show
Yr 11 Students to compete, Lismore Show | Mr Frangos  |
| 26 Oct| Yr 7 Transition Day, Technology Metal P1&2 | Mr Worthington |
| 02 Nov| Yr 7 Transition Day, TAS Kitchen P1&2 | Mr Worthington |

Students have a variety of backgrounds, differing dominant multiple Intelligences and an array of learning styles. As such, they should be given opportunities to write and present their reports in a number of different ways. Some inclusive activities may include oral presentations, idea maps, role plays, essays, power point presentations, posters, poems, songs or a combination of them.

Kim Hernage, CLO
Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents and carers can begin this education in the home and support school and other programs such as the RRISK Seminars. Parents also provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs.

Take time to talk. For example, sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

- When you pour a glass of alcohol
- When alcohol or other drugs are mentioned on TV or other media
- When using or giving out medicines
- When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

Australian Alcohol Guideline for Children and Young People under 18

Not drinking alcohol is the safest option.

For children under 15

Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For young people aged 15-18 years

The safest option is to delay the initiation of drinking for as long as possible.

Adolescent brain development and alcohol

The brain is not fully developed until about 25 years of age. Excessive drinking can affect decision making, problem solving, memory, reasoning and concentration.

Permanent brain damage can result in greater risk taking, lack of judgment such as failure to think before acting, impaired visual and spatial skills, learning difficulties and poorer academic outcomes.

Mental health

Drinking at a young age increases the risk of mental health problems such as depression, anxiety, bipolar disorder, attention deficit disorder and increased risk of self harm including suicide, delinquent behavior and alcohol dependency in later life.

Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at:


Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au
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

Alcohol, Illegal Drugs, Driving and Roadside Testing

Driving under the influence of alcohol and/or drugs impairs driving skills. A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means NO ALCOHOL before driving.

Any driver, motorcycle rider or supervising licence holder may be required to undertake roadside testing for the presence of alcohol and/or illicit drugs. Roadside drug testing will detect the following three illicit drugs:

- Delta-9-tetrahydrocannabinol (THC), the active component of cannabis.
- Methylamphetamine (‘ice’, ‘speed’, ‘crystal meth’ ‘base’ etc).
- Methyleneoxymethylamphetamine (MDMA or ‘ecstasy’).

Driving after using cannabis results in longer reaction times, alters distance and time perception, lowers concentration, coordination, alertness and ability to react, and narrows or blurs vision.

Driving after using stimulants such as ecstasy and speed/ice increases risk taking and aggressive driving, causes loss of concentration and blurred or limited vision. The effects of cannabis, ecstasy and speed can last and be detected up to 24 hours after use. Combining drugs or taking drugs with alcohol increases impairment and risks.

Of those who reported driving on drugs, the most common drug was cannabis at 81 per cent followed by ecstasy at 13 per cent and speed at 10 per cent.

Suggestions for parents
Familiarise yourself with how drug education is being taught in your young person’s school.

Keep up to date with the latest information on cannabis and other drugs and their effects, so you can have a credible conversation with the young person in your care.

Remind your young person to only travel with a sober and responsible driver who is not under the influence of alcohol or drugs.

Discuss how they are getting home.

Use TV reports, anti-drug commercials, school discussions about drugs, or a website to help you introduce the subject in a natural, unforced way.

Resources:
- www.ndarc.med.unsw.edu.au Follow links to Drug Information: Fact Sheets • www.nepic.org.au
- www.youthsafe.org • www.yourroom.com.au

For more information about the RRISK program and drug use, risk taking, visit www.rrisk.com.au
SUMMER MENU

A new summer menu is being planned at the canteen. It will consist of a variety fresh salad boxes and new combinations of rolls, sandwiches, and salads.

With the feeling of spring in the air, it’s time to think about healthy foods and smart choices for lunch and snacks. Here are some healthy food choices you might like to encourage your child to try from the canteen:

• Sushi
• Fresh bread rolls with salad
• Fruit salad with yogurt
• Small serves of reduced fat ice cream without chocolate coatings
• Single serve yoghurt and frozen yoghurt available.
• Freeze single serves of leftovers to reheat for a quick meal
• Toasted sandwiches, focaccias etc with substantial fillings eg chicken, tomato and low fat cheese
• Wraps with salad and other fillings.
• Fruit and nut cups made in the canteen.

Choose water or plain milk some days instead of flavoured drinks. Your body will thank you for it!
Absences
Parents are reminded that ALL students who have taken leave for ANY reason must provide a fax or written letter, signed by the parent/guardian, with an explanation for the absence and exact dates of the absence, immediately upon return to school.

Where absences are known in advance, this information is required so that we are able to provide work to students to assist in their learning. Appointments for students should be made outside of school hours when possible as this causes disruption to the students learning.

Please refrain from contacting your child during class time. All contact must go through the front office to avoid disruption to other students. Note the school day ends at 3.30pm. Parents are asked NOT to pick students up prior to these times as this is highly disruptive to lessons. If your child does need to be collected for an unplanned absence please phone the office prior to collection. We are operating with one student receptionist, so you may be waiting for a while if we do not know in advance.

Attendance at school is COMPULSORY under NSW law and all students must be at school every day unless there are satisfactory grounds for leave to be granted.

Late Arrivals
Any student who arrives after 9.00am is required to sign in at Head Teacher Administration’s Office (opposite M5, Mon/Tue/Thu/Fri) or Mr Buchanan’s PE Staff Room on Wednesdays only with a note of explanation from their parent/guardian. Where notes are not presented, students will be given a blue form, when they sign into school, to take home and have signed by their parent/guardian and brought back to school the following day and placed in the “notes here” basket near the payments office or to their Roll teacher in Roll Class.

Any enquiries regarding attendance may be directed to
Head Teacher Administration  6686 2133