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.

YEAR 12 FAREWELLED

2012 School Captains

At the Year 12 Graduation Ceremony on 23 September, the 2012 School Captains were announced. Congratulations to these students.

Samantha Jeffery
Georgia Huggett
Ethan Halverson-Dunwoodie
James Heath

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
School Holiday

Indoor Circus School
Term 4 classes Mon 10 Oct 2011 to Sat 17 Dec 2011
Under 10’s 3.45 Monday and Wednesday
Over 10’s 5pm Thursday. All ages 10am Sat.
Gym Mix 4pm Wednesday
Flying Trapeze and Advanced Sessions, Kinder Classes,
Birthday Parties and more
www.circusarts.com.au
BYRON ENTERTAINMENT CENTRE
17 Centennial Crt. Arts & Industry Pk, Byron Bay
6685 6566 Bookings Essential

Next P&C Meeting
Monday 21 November 2011 – 7.00pm
Every parent is warmly invited to attend

Screening Free Mammograms
Recommended every two years for women aged 50–69 years

Lismore Clinic
29 Uralba Street, Lismore
Appointments available all year round
(Now screening some Thursday Nights and Saturdays!)
Call 132050

POSITIVE BEHAVIOURS FOR LEARNING
The official launch of this program will be held on Monday 31st October at 9am in the Hall, during an official assembly. All interested parents and P & C members are warmly invited to attend.

PRIORITY SCHOOLS PROGRAM
Ballina High School's funding as a PSP school will be reviewed in early 2012. There are many benefits of receiving funding as a priority school. Priority schools are those which serve communities with the highest concentrations of low socio-economic status families and receive additional resources for literacy, numeracy and participation programs for students.

One of the many valuable programs funded by PSP at Ballina High is Literacy Support which is provided by Jaclyn Burrows-Moss. Jaclyn says “My role as Literacy support involves working in class with Year 7 students assisting in spelling, grammar, writing and comprehension tasks. My aim is to make literacy relevant by making it practical. Good literacy skills will assist students to communicate with others for the rest of their lives.”

In early 2012 parents will be required to assist us by completing a survey which helps to determine whether or not Ballina High School receives funding again for the next period of 2013 to 2016.

Kim Hernage CLO

COMPLETING AND LEAVING SCHOOL
A Guide for Years 7, 8 and 9 students and their parents
A leaflet has been distributed to all students in Years 7, 8 and 9 outlining the requirements and options available to students in relation to their completing and leaving school. Students have been directed to take this leaflet home and give it to their parents or carers.

Mr Crane Careers Adviser

Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Oct</td>
<td>Year 12 HSC Exams Con’t</td>
<td>Mr Parker</td>
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<tr>
<td>24-26 Oct</td>
<td>School Certificate Trial Exam Year 10</td>
<td>Mr Parker</td>
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<tr>
<td>28 Oct</td>
<td>World Teachers Day</td>
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<tr>
<td>7-9 Nov</td>
<td>School Certificate Exams Year 10</td>
<td>Mr Parker</td>
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<tr>
<td>10 Nov</td>
<td>Year 10 Portfolios</td>
<td>Ms Page</td>
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<tr>
<td>14-16 Nov</td>
<td>Year 7, 8 &amp; 9 Yearly Exams</td>
<td>Mr Parker</td>
</tr>
<tr>
<td>01 Dec</td>
<td>Yr 7 Orientation Day</td>
<td>Mr Worthington</td>
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CONGRATULATIONS!!

Last Thursday and Friday Giacomo Pippo competed in the NSW All Schools at Homebush, Sydney. Giacomo had achieved the following:

**Silver Medal**—13 years discus
**Bronze Medal**—13 years shot put
4th 13 years javelin.

Giacomo has been chosen for the NSW All Schools team to compete in the Australian School All Schools event to be held in Brisbane during December. Congratulations and good luck!!

*Mr Ross Buchanan*

HEALTH ISSUES

Rebates are available through Medicare for mental health care services for eligible people.

Your GP may refer you to a psychiatrist to seek expert advice and/or treatment. Psychiatrists are medically trained doctors who have specialised in the treatment of mental illnesses in a variety of ways, including psychotherapy (talking therapies) and medication.

If you have a GP mental health treatment plan your GP may refer you for Medicare-subsidised sessions with a psychologist, or an appropriately trained doctor, social worker or occupational therapist. A psychiatrist or paediatrician may also refer you for Medicare-subsidised treatment with a psychologist, an appropriately trained social worker or occupational therapist.

You may receive up to 12 sessions of individual therapy in a calendar year. An additional six sessions may be available in exceptional circumstances.

*If you would like to know more about these options, please talk to a GP.*

DRAMA NEWS

**Commedia dell’arte Excursion Byron High**

Years 8, 9 and 10 Drama students attended an excursion to Byron High to see a special performance by an Italian Commedia Company all the way from Verona Italy. Students were a credit to the school with exceptional behaviour. Mr Cathcart (Megan’s Dad) was wonderful in volunteering time to drive students in the mini bus to the event enabling participation in this culturally enriching experience. Students have been learning about the stock characters in class and will demonstrate their learning in the upcoming performance.

Year 10 Drama students recently said farewell to Katie who joined the class from Germany. Katie was an inspiration throwing herself into every activity, including joining us for the excursion to Sydney. Year 10 continue to work on Monologues which will be featured in a performance early Term 4. All have done a great job in writing their own pieces – it will be great to see these performances. Students have demonstrated great comic skills during theatre sport games – the Year 10 team will be hard to beat.

Year 9 Drama students have been busy working on the study of different styles of theatre – all students have demonstrated outstanding skills and will be featured in the upcoming Theatre Sports competition. They have completed various mime, movement, street theatre and Commedia assessments. This is an exceptional group who work well as an ensemble.

ENGLISH NEWS

The theatre sports competition will involve all Drama classes – Years 8 to 10. Year 8 have had intensive work on improvisational skills and theatre sports games and an in class competition. Winners of the class games will be announced during the day of competitions as will winning poster designs (completed in class). Other awards for the competition on the day will be for best player on the day, best team, best costume, best moment. Stay tuned for the competition date.

*Ms Rosina Grieves*

**Featured below** - Commedia dell’arte Company, Year 9 and 10 Drama with Don Page during recent visit.

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*Erin Astill-Torchia*
In early August 2011 an eager group of 20 high school students from Ballina High School Aeronautics Engineering Studies course went on an excursion to the Australian Lightwing Factory on Southern Cross Drive in North Ballina. The school has been offered participation in a project where students will build, complete and learn to fly an Australian Lightwing SP 2000 low wing aircraft. Students at Ballina High School have previously completed their own Australian Lightwing aircraft, a GR-912 as part of the “School Fly” program in 1992 to 1995. Many of those students went on to gainful employment in the aviation industry including piloting in the defence forces, commercial pilots and pilot instruction. It is hoped that this new School Fly Project will be building a much more complex aircraft, as the Australian Lightwing SP2000 features a glass cockpit, a variable in-flight pitch propellor, low wing, gull doors and many more state of the art features not present in the older GR range of Lightwing aircraft. The students have since eagerly commenced construction of the wing for the aircraft at the school. Howard Hughes has provided instruction on 2D and 3D CAD drawing and generated G codes for computer manufacture as well as all the materials for the wing. Watch this space for updates as the project continues.

Mr Mark Willacy Teacher

A big congratulations to all of the students who graduated from Ballina High School in 2011. The assembly was an event not to be missed with a very large amount of supportive parents and community members in attendance. The Major awards were as follows:

Reuben Scarf Award for commitment to studies: Cameron Marchant
Caltex Award for all-round contributions to the school and community: Lauren Baldrey
Ros Mayberry Male and Female Dux: Jason Sines and Andrea Wenzel- Nicholson

Congratulations Year 12, we will miss you dearly and good luck in your Higher School Certificate exams!

Mrs Kelly Smith
Tips for supervising your Learner Driver (L)

- Safe driving takes time and practice – it is more than just operating a vehicle.
- Use the 120 supervised hours to help young drivers learn to recognise and respond safely to hazards.
- Plan a variety of driving experiences e.g., different road conditions, weather conditions and vary time of day.
- Shorter drives can be useful early on.
- Reduce the risk of distraction e.g., turn off mobile phones.
- Keep instructions short and clear.
- Be positive and acknowledge when your teenager does well rather than criticise.
- At the end of a drive reinforce achievements and discuss areas to work on.
- Real on-road driving experience is more beneficial than ‘advanced’ or ‘defensive’ off-road driver training. 1
- Find out more about supporting your young driver by attending a ‘Helping Learner Drivers Become Safer Drivers Workshop’ in your local area. Contact the RTA on 132213, visit www.rta.nsw.gov.au or visit your local Council’s website.
- You and your young driver must be familiar with the RTA Road Users Handbook and understand NSW road rules and licence conditions.

1. "Research indicates that advanced or defensive driving courses do not enhance skills for novice or learner drivers. Such courses can also lead to overconfidence of drivers resulting in increased risk taking. The Graduated Licensing Scheme in NSW consists of three stages and four tests. The focus is on supervised on-road driving experience in a range of conditions and environments. " Limiting Risks, Protecting Lives.” NSW Centre for Road Safety. RTA. 2009

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

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
Eltham Art Awards 2011 — The theme this year is “My Backyard”. Opening Friday night 28 October 2011 at 6-8pm at the Eltham Public School, Corner of McKenzie Road and Boatharbour Road, Exhibition open Saturday 29 and Sunday 30 October 9am-4pm. For more information and an entry form contact Amanda Reichelt-Brushett on 0439 283 809 or email Amanda.reichelt-brushett@scu.edu.au

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, mixed media or photography; sculpture, ceramics, jewellery or installation work; textile and poetry. 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.

Evans Head Cancer Support Group — Are sponsoring a campaign called “Happy Heads” during the month of October. We are looking at people to donate pre-loved and new beanie, hats, scarves and headwear to be donated to the local hospital oncology units for patients starting their chemotherapy treatment. Donations can be left at any Summerland Credit Union Branch from 1-31 October 2011.

Aussie Families Homestay Care — Seek hosts, European Student Cultural Exchange. Are you? Located close to bus transport; Open minded, caring, warm & hospitable host; Able to give generous interaction and inclusiveness; A good cook; Able to provide internet access. Aussie Families offer efficient service and best North Coast rates. 24/7 Agency support. Submit application online www.aussiefamilies.com or call 9301 0900

Ballina Basketball — U10’s, U12’s, U14’s, U16’s & 18’s Competitions. New Competitions Commencing NOW at Southern Cross Gym. Every Tuesday 4.00pm. Come along and join in the friendships and fun of Basketball. For more information ring Eva 6687 4346 or Greina 6687 4923.

Lennox Head Cultural & Community Centre available for bookings — It is very exciting to see the Centre coming alive with bookings such as Netball, Basketball, Playgroup, Zumba, Yoga, Training Groups, Meetings, Awards Nights, poetry, photography; sculpture, ceramics, jewellery or installation work; textile and competition hire. Marked out for a number of sports including Basketball, Netball, Badminton, and Futsal. The hall can be converted for live events (such as live bands etc), parties, large conferences etc catering up to 500 people.

Meeting Rooms— Formal Meeting Rooms are positioned side by side and are interconnecting. One meeting room, the Activity Room, is a uniquely shaped room with a capacity of approx 18 - 50 people. Each meeting room has a capacity of approximately 12-35 people depending on room configuration. Each Meeting Room has its own kitchenette and furniture store containing tables and chairs. Please do not hesitate to contact us on 6687 6291 if you have any questions or would like additional information about the Centre.

Host an International Student — As Marcel Proust, a late 19th century novelist, wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Host an international high school student in February 2012 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique opportunity helps your family to become closer, to understand themselves better and to see the world in a new light. Carefully selected students will arrive in February for one or two semesters from France, Italy, Germany, Austria, Scandinavia, Japan and the U.S.A. They will attend a local secondary school, are fully insured and have their own spending money. Call S.C.C.E now on 1800 500 501. email scceaustr@scce.com.au or visit our website www.scce.com.au to be part of this rewarding experience.

TAFE applications closing soon — A reminder that if your child would like to enrol at a TAFE NSW college for semester one, 2012, enrolments close on 28 October (November for the North Coast). For information and advice on courses, go to www.tafensw.edu.au

Ballina TAFE - Are you thinking of re-entering the workforce, but don’t know where to start? Places are available in our Certificate I, II and III General Education courses at Ballina Campus of TAFE next year. These courses are designed to develop your communication, writing, and maths for work and further study, as well as First Aid and other work skills. These courses run for 18 weeks starting Monday 7th February 2012. For more information contact Ballina TAFE on 66818900 or 66818924.

Thank you to local businesses

CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

Café Swish
La Lucina Divino Restaurant
Ballina Joinery
Crowley Village Nursing Home
Beanz Salad Bar
Ballina RSL Club
Bill H’s Mechanical Repairs
Aussie Hotel
Ballina Concrete Pumping
Wicked
Lismore Motorcycles
David Mitchell Kitchens
Ballina Smash Repairs
Phillip Chave Cabinets
GA & DM Stewart
Brewsters Café
Croft Building

Subway Lennox Head
Ballina Brake Exhaust & Clutch
Sydney & Richardson
Mac’s Engineering
House With No Steps Turning Point Café
NA Mathie Steel Fabrication
Lismore Workers Sports Club
M & K Stafford Engineering

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.

If a student borrows a piece of clothing from the Uniform Pool, please wash and return ASAP – Thanks!

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.

www.learningcurveplanner.com.au