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.

Positive Behaviour For Learning

On Monday 31st October an assembly was held where we launched the PBL (Positive Behaviours for Learning) program. This program will help ensure that our school is one in which students can achieve their personal best. Thank you to all who assisted as Safe, Honest, Respectful Learners.

Kim Hernage CLO/ Andrew Playford

AMORALL 600 EXCURSION

Friday the 21st of October 53 students went to the Amorall 600 Students Day. The weather was brilliant with warm sunshine all day. The program included Porsche Carrara’s, V8 utes, Formula Fords, as well as practice sessions for the V8 Supercars that reach a top speed of 260km per hour on the main straight. A number of side events were also on show. A great day was had by all, the students can be proud of the way they conducted themselves at the event and on the bus. A credit to themselves and the school. Pictured are, Mark (Frosty) Winterbottom, Jamie Whincup, race action and the podium celebrations.

Paul Frangos
Some are paid advertisements and BHS accepts no responsibility for these organisations and their activities.

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

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

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

**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!

**Auzzie 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. Auzzie Families offer friendly efficient service and best North Coast rates. 24/7 Agency support. Submit application online www.auzziefamilies.com or call 9301 0900.

**Ballina Basketball** — U10’s, U12’s, U14’s, U16’s & A18’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 Orina 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, private parties, etc. The Centre consists of a sports hall, four meeting rooms and a dedicated children’s area. The Lennox Head Library also operates from the Centre.

**Sports Hall/Auditorium**
The hall is primarily used in sports mode and is available for casual, training 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**
3 formal Meeting Rooms are positioned side by side and are interconnected.

**Dates for your Diary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9 Nov</td>
<td>School Certificate Exams Year 10</td>
<td>Mr Parker</td>
</tr>
<tr>
<td>10 Nov</td>
<td>Year 10 Portfolios</td>
<td>Ms Page</td>
</tr>
<tr>
<td>14-16 Nov</td>
<td>Year 7, 8 &amp; 9 Yearly Exams</td>
<td>Mr Parker</td>
</tr>
<tr>
<td>15 Nov</td>
<td>Year 11 RRISK Excursion to SCU</td>
<td>Mr Gordon</td>
</tr>
<tr>
<td>15 Nov</td>
<td>Year 12 Sign Out (9.30am to 11am)</td>
<td>Mr Douglas</td>
</tr>
<tr>
<td>22 Nov</td>
<td>Year 12 Formal</td>
<td>Mrs Smith</td>
</tr>
<tr>
<td>24 Nov</td>
<td>Year 7 Rewards Exc to Dreamworld</td>
<td>Mr Polak</td>
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<tr>
<td>25 Nov</td>
<td>Gungalir Day</td>
<td>Mr Worthington</td>
</tr>
<tr>
<td>01 Dec</td>
<td>Yr 7 Orientation Day</td>
<td>Mr Worthington</td>
</tr>
<tr>
<td>16 Dec</td>
<td>Last Day for students for 2011</td>
<td></td>
</tr>
</tbody>
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**YEAR 7 2012 ORIENTATION**
As Year 7 Adviser 2012 and to help facilitate an effective transition to secondary school for all new students, I’d like to extend a warm invitation to our Year 6—7 Orientation Day to be held at the school on Thursday 1st December. The day will involve a range of activities including team games and an afternoon of swimming. These activities are essentially an opportunity to “meet and greet” like minded students, some of their teachers and each other. The day is intended to create an informal setting for the students to achieve common goals.

Glen Worthington Year 7 2012 Adviser

**LEADERSHIP**
Our new School Captains—Ethan Halverson-Dunwoodie, James Heath, Georgia Huggett and Samantha Jeffery will be attending the 2011 Impact Student Leadership Conference (ISLC) for secondary students at Coolangatta on Friday 4th November 2011. The ISLC is Australia’s premier student leadership training event, holding 24 secondary conferences throughout the year. It is a practical, hands-on and interactive learning experience that prepares students for their roles and responsibilities of leadership in their schools.

Jamie Gordon Year 11 Adviser

**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.
BALLINA CHAMBER OF COMMERCE

Congratulations to Jodie Stockwell who assisted the Host at the Ballina Business awards held at Ballina RSL recently. Jodie is a member of the Junior Chamber of Commerce and along with all other members from other high schools represented on the junior chamber, is fortunate to be included in many opportunities to be involved with the Community and the business community. Their next project was taking part in the Relay for Life last weekend in Ballina.

Kim Hernage CLO

PREMIER’S STUDENT VOLUNTEER PROGRAM

Ballina High students received ten awards from the NSW Premier Mr Barry O’Farrell at last weeks assembly. Diamond awards for over eighty hours of volunteering were given to Daniel Kapeen, Jack Norris, Blake Tyler, Jake Hesse and Christine Monti. A huge congratulations to these students for putting in time and effort to do things for others.

Andrew Playford

LEADERSHIP PROGRAM

Last term and this term Rob Roberts and Darby Barker have been conducting an Indigenous Sports leadership program which is a community initiative and partnership between Ballina High School and Bunjum Aboriginal Cooperative. This group is held each Monday morning and is for Aboriginal students in years 8 - 11. Students learn what it takes to be an effective leader working on skills and areas such as conflict resolution, how to communicate more effectively, leadership, initiatives, organisation and fundraising. One of the goals of the program is to ensure that the school will have qualified sports coaches to support both the school and the community.

Kim Hernage CLO

EQUIPMENT REMINDER

At this stage of the year, students need to check and replenish basic equipment in their pencil case for classes and exams. For example: a range of coloured pens & pencils, a highlighter, ruler, calculator and other maths equipment.

Lynn Taylor CAPA

INTERNATIONAL TEACHERS DAY

If you can read this.... Thank a teacher! On Monday 31st October we celebrated International Teachers Day with a morning tea for all teachers. A few teachers shared their “memorable moments” in teaching some of which were humorous, some heartfelt but all of them made us realise how fortunate we are here at Ballina High to have such dedicated, diligent and wonderful teachers. School captains Sami, James and Ethan were present to represent the student body and James delivered a speech which he and Sami had written. He said, “At times we may have a funny way of showing it but on behalf of the student body we would like to thank you again for the amount of work you do. We value everything you teach us and we cannot fathom the immensity of our appreciation of the work you do for us”. On behalf of parents and students here at Ballina High thank you teachers for the many ways you contribute to enhancing our lives, our learning and our school experiences.

Kim Hernage CLO

PARENTING WORKSHOPS

A three session workshop for parents is being run by Lynn Taylor over three Mondays—21st and 28th November and 5th December from 6.30 to 8.30 at the Ballina Community Services Centre. All parents are welcome. To register for this course fax or return the inserted form to Ballina High School. More information is on the flyer at the back of the newsletter. Cost is $25 for the course payable to Ballina High School.

Lynn Taylor
Points to Consider When Buying a Used Car

Know what type of vehicle is allowed. The prohibited vehicle condition restricts provisional (P1 and P2) drivers from driving certain high performance vehicles. Prohibited vehicles are those with:

- Eight or more cylinders (except diesel).
- A turbocharged engine (diesel exempt).
- A supercharged engine (diesel exempt).
- Engine performance modifications that require an engineer’s certificate.
- Certain high performance six cylinder engines. Visit the P1/P2 – High performance vehicle restrictions page on www.rta.com.au

Know what you want. Do your research, consider what type of car will suit, whether manual or automatic, what the car will be used for, running costs (including maintenance and repairs) and level of safety.

Know what to check. Check the vehicle’s identity; its VIN (vehicle identification number), engine number, compliance number plate, and check to see whether the vehicle has money owing on it. REVS (www.revs.nsw.gov.au) can also tell if the car’s been stolen, re-registered or classified as a write-off.

Know how it drives. Take the vehicle for a test drive, but before you do, make sure the seller has an insurance policy that will cover it if there is a crash. Listen for odd noises and rattles, check the engine and how it runs, and check the brakes and the steering.

Is your car worthy? When deciding between cars, choose the one with the highest Used Car Safety Rating. Visit www.mynrma.com.au A comprehensive pre-purchase safety inspection and an authorised inspection (pink slip) will ensure your car is in good enough shape to be driven on the road. Ensure that all faults are repaired before you take possession of the vehicle.

Helpful Websites:
- Roads & Traffic Authority www.rta.nsw.gov.au
- NSW Office of Fair Trading www.fairtrading.nsw.gov.au
- NRMA www.mynrma.com.au
- REVS www.revs.nsw.gov.au
- Motor Traders Authority www.mtansw.com.au
- The Red Book www.redbook.com.au

RRISK Seminar 2011

Year 11 students are invited to attend this year’s RRISK seminar. 50 high schools from across the Far and Mid North Coast will be attending RRISK at the following venues and dates.

- **Tweed Heads**: Tweed Heads Civic Centre on 10 and 11 November
- **Lismore**: Southern Cross University on 15, 17 and 18 November
- **Port Macquarie**: Panthers Auditorium on 22 November
- **Coffs Harbour**: Southern Cross University on 24 and 25 November

RRISK (Reduce Risk Increase Student Knowledge) encourages students to:
- Know the facts
- Be aware of the risks
- Make informed decisions
- Look after your friends

This is the 13th year that the RRISK Program has been running on the Far North Coast and the 5th year the program has been offered to schools in the Mid North Coast. If your teenager is in year 11, please encourage them to attend.

**RRISK is effective in reducing young driver crashes by 44%**

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health in 2009. RRISK was identified as the first and only program to have resulted in a 44% reduction in road crashes for participants. An earlier comprehensive evaluation conducted between 2002-2005 showed an increase in protective behaviour and a decrease in risk taking for those students who attended the seminars.

Look for information about the RRISK Program including the full evaluation reports at our website www.rrisk.com.au
ENGAGING ADOLESCENTS
a three session course for parents

Begins Monday 21 November 2011 at
Ballina Community Services Centre
The dates are Mondays 21 November, 28 November, and 5 December 2011
The meetings will run from 6.30pm to 8.30pm
At Ballina Community Services Centre, Cherry Street, Ballina
Parents and caregivers from other high schools are welcome!

What we cover
- Understanding adolescence: A time of reconstructions, redeveloping social landscapes, brain snaps and body make-overs.
- Understanding your job as parent of a teenager—observer, adviser, negotiator, director.
- Asking the question—Is it serious? What’s worth reacting to and what’s not ...
- How to hold the difficult conversations more successfully

Registration fee
Parent and partner is $25 for the course

Who is running it?
The presenter of the course is Lynn Taylor. Lynn is a Year Adviser at Ballina High School. Lynn has been working with adolescents for the past 20 years.

For more information about this course or Parentshop products call 1300 738 278 or go to www.parentshop.com.au

I wish to register for the Engaging Adolescents course

Contact Details
Name(s) ________________________________
Address: ________________________________
______________________________________
Email: _________________________________
Ph: ________________________________

Payment Method
☐ Cheque payable to Ballina High School
☐ Mastercard  ☐ Visa

Name on card ________________________________
Card No: ________________________________exp: __/__
Signature: ________________________________

Fax order form to 02 66864235, hand in person or post to Ballina High School, Locked Bag 1, Ballina NSW 2478