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 Formal
Auzzie Families Homestay Care Seeks Hosts

European student Cultural Exchange
Are you?
- Located close to bus transport
- An 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

DOLPHIN RECOVERY

Marine staff recovered a dolphin carcass from South Ballina recently. The mature male bottlenose dolphin showed no obvious signs of damage or injury that may have caused his death. The dolphin was wrapped in black builders plastic and chicken wire (to prevent dogs and goannas taking his bones) and will be left to rot down for about 10 weeks. Staff and students will then remove the bones and begin the long treatment to remove fat from them. After treating the bones the skeletons will be assembled at school.

Mick O’Connor

HEALTH, WELL BEING AND ENVIRONMENT

Learning about strategies that will enhance their all round health, including health perspectives physically, socially and emotionally. Developing a resilient and accepting approach to life that will see them strive to adopt healthy exercise and eating routines and seek assistance when they require it

www.learningcurveplanner.com.au
On 15 November Year 11 students attended the seminar of ‘Reduce Risk Increase Student Knowledge (RRISK)’. On the day we arrived at the Southern Cross University and were led to the auditorium where our eyes were opened to the risks and effects that alcohol and drugs can cause. We were told true stories of young teenagers who have made bad decisions, and had ended in these teenagers either being severely hurt, or worse. Paul Dillon from the Drug and Alcohol Research Team Australia (DARTA) explained to us that the only thing that can disperse the alcohol from your body is time. All the myths about drinking water, eating bread, vomiting or any other myth that you have heard does not work. Paul also showed us how to act in emergency situations. These acts include knowing when to ring for help, and how to take care of someone who is under the influence of alcohol or drugs. We were then split up into small groups where our team leaders taught us how to put a person in the recovery position and look after them. We were also quizzed on our knowledge about how to look after someone in different situations.

After lunch we were then taken back to the auditorium where a play was acted out by one of the other schools about alcohol and drink driving. This was about a group of teenagers drinking for a friend’s birthday and needing to get home. They decided to stay the night and drive home in the morning. The next day was a wet rainy day and the driver was still under the influence, even after 6 hours of sleep. The driver lost control and crashed the car. One of his passengers who was in the back seat was not wearing a seat belt and broke her nose and shoulder during the accident. The passenger who was in the front seat was knocked unconscious and suffered a few cuts and bruises.

To end the day a guy named Michael Buttonshaw came to speak to us about mistakes that he made when he was younger. He told us about his life and how everyday he used to smoke cones, drink alcohol and wag school. One night he went to a party with friends and drank a whole bottle of straight spirits and smoked lots of cones. Toward the end of the night Michael decided to take one of his friend’s cars and go for a cruise with two young girls. Michael had no licence and had no experience driving at all. His friends tried to stop him and told him that he shouldn’t drive, but Michael insisted and took off in the car. Michael was fine until he lost control of the car and rolled it. Both of the young girls died at the scene and Michael was rushed to hospital in a critical condition. Michael was in a coma for 6 months. He now has brain damage and has very little control of his limbs. Michael is still going through rehabilitation. He explained to us that all of his friends have drifted away and it is hard for him to make new friends. He is now living as independently as he can and wants to move on with his life. Michael still manages to make some jokes and make people laugh. Michael has to live with this accident for the rest of his life. This day was a great experience and really taught us about the risks and consequences of drinking alcohol and taking drugs and how to react in certain situations.

Emily Johnson and Georgia Kersley

Year 8 recently had the grisly fun of dissecting a cow’s eye as part of their “Keeping an Eye on Light” Science topic. They examined the external features before cutting the eye open. Demee Hall and Jessica Tickle found out just how hard it was to pierce the tough slippery outer sclera! Once inside, everyone easily identified the lens, retina, reflective choroid and iris membrane that they had learned about in the topic. While cows and humans are both mammals, it was interesting to note the differences between a cow’s eye and our own; eg. flash photography gives us red eyes while cows have brilliant white eyes. This is because the flash reflects weakly off the blood vessels in our choroid whereas most of the flash is reflected from the silvery choroid in a cow’s eye.

John Kersiatis

Ballina High School’s funding as a PSP school will be reviewed early in 2012. This will be done by asking all families to complete a survey next March. If you have children at more than one government school you will receive more than one survey form. There are many benefits to both families, students and the school in receiving funding as a Priority School. NSW PSP provides additional resources to each school that is successful in obtaining funding. Among the program’s aims are: to improve literacy and numeracy achievements and enhance engagement of students from low socio-economic status backgrounds. Each individual program that is funded by PSP has had its benefits highlighted in previous newsletters so now the Ballina High’s parents and community should be well aware of the significance of the value of being funded as PSP school. The support of all families will be crucial and input from each and every family is vitally important when the survey is conducted next March.

Kim Hernage CLO

Each year our HSC Chemistry students follow the production of raw sugar from harvest to crystallisation as part of their studies. David Miller the Production Superintendent at the Broadwater Sugar Mill explains the various stages of extraction carried out at Broadwater prior to refining the raw sugar at Harwood. The excursion provides students with access to a large scale chemical process, required by the syllabus and to a practising chemical engineer in charge of all production stages. Students were also given a tour of the boiler facilities and the generators used to produce electricity from the cane fibre left after crushing.

Mick O’Connor
Ballina High School exchange students were invited to attend the Distance Education Mini School last week. The Distance Education Centre has 1500 students enrolled in a variety of courses including German. Our exchange students were able to discuss German grammar, engage in conversation and record some listening tests for the many who attended. Well done and thank you.

Andrew Playford

YEAR 12 FORMAL

A NUMBER OF PRESTIGIOUS AWARDS WERE PRESENTED TO STUDENTS.

These included:

Staff All-Rounder Award
Ashton Tselepy

Roy Hughes Memorial Award
Ariana Hunt and Damien Stewart

Lillias Hughes Indigenous Award
Natalie Trindall

Sportsman and Sportswoman of the Year Award
Phillip Francis and Sarah Short

Beacon Award
Gypsy Scott-Hutchinson
Helping learner drivers become safer drivers

FREE workshops for parents and supervising drivers

To provide practical advice about:
- Current laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner driver log book.
- The benefits of supervised on-road driving experience.

The next workshop in your area will be held:

Time and date:
6.00pm to 8.00pm
Wednesday, 14 December

Venue:
Ballina RSL Club
240 River Street
Ballina

Book now on: 6686 1427
ENGAGING ADOLESCENTS
a three session course for parents

Begins Monday 5 March 2012 at
Ballina Community Services Centre
The dates are Mondays 5 March, 12 March, and 19 March 2012
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 teacher and Year Adviser at Ballina High School.

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: _____________________________________________

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