

11 February 2019

# Bellingen High School NEWSLETTER

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## *From the Principal*

Welcome back to what will be a wonderful year of leading, learning and change management for organisational effectiveness in 2019! A particular welcome to our new Year 7 parents who have now joined the Bellingen High family. A sad farewell to those families whose students completed Year 12 last year – it's always sad to see families leave us after such a powerful journey. Congratulations to all Year 12 who did wonderfully well. Most have determined what Uni they are going to or where they are taking their gap year – and those who aren't on the Uni path have secured apprenticeships, traineeships or full time employment. There are very few at a 'loose end'. There are plenty of special mentions – but I am most impressed by the number of students who have secured work or traineeships attached to more study locally – deckhand, hairdresser, civil construction (local council), aged care and country energy traineeship. Congrats to Ben Gulliver – who is going to attend Sydney SAE to study a Bachelor of Game Development. When this cohort started Year 7 – there was no such course, so, it's safe to say that students will work in new, pioneering fields of endeavour if that is where their dream takes them – just like Ben. Special mention also to Jack Sharkey, Toby Churches and Will Sandstrom for their selection in InTech – for their Industrial Technology Major Work pieces. It's highly unusual for 1 student in a group to get this honour, let alone three. Their works are deemed among the finest in the State and join a travelling show of works. Jack Sharkey was also selected for his work to be displayed in Shape 2018 at The Powerhouse Museum. Mr Mayo and Mr Walmsley are going to the opening of this wonderful and prestigious exhibition, along with Jack and his family on Friday, February 22, 2018. More kudos also to Corey Cutler for securing his Rural Science place at UNE and the going on to be awarded the highly prestigious CEC Spence Rural Student Scholarship, valued at \$7,500. Well done to a thoroughly deserving recipient. And finally, huge kudos to Alena Hardinge – our dux of 2018. A wonderful student who was doggedly determined. When the results arrived, Alena was overseas – studying and holidaying of course! We wish her, and each Year 12 student, every success in all they choose to undertake.



2018 ended on a turbulent note, with a rather destructive storm force raging through the Bellingen Shire on Thursday afternoon, December 20. The damage on site was quite extensive. Many trees, up to 20 – of all different varieties – were completely uprooted. The camphor laurel behind the science block lost large limbs which ripped tiles off the building; the large shade gum beside the MPC on the canteen side fell and damaged the MPC and canteen roof and guttering; a small tree in front of F Block (HSIE end) was sheared down the middle and fell onto a light post, smashing the globe and bending the lamp post and two very large and very beautiful gums fell, damaging sections of the covered walkway and the roofline of the Industrial Arts building. Large trees also lost limbs or were uprooted into the creek, with three landing across the footbridge making it unusable and making public access via the footbridge untenable until January 4, 2019. There are also a myriad of trees which have either come down or have begun to fall and are leaning against others around the perimeter of the school and into the creek line. There is much damage to the fence-line around the oval and there are two huge trees fallen at the entrance, one of which has uplifted the concrete path as its roots have been exposed – these have been taped off for the time being until the area can be deemed safe. Of course, a part of the force of the storm was the wind and the rain, which caused damage to some rooms, to our server system and caused a 27 hour power outage.

Due to this damage, we have had numerous tradespeople on site trying to get the school ready and safe for student return. I'd really like to thank Pure Flow Plumbing and Scott Smith of Urunga, who had the first work order to get the paths and walkways cleared in preparation for Camp Creative and to Nick Jenkins and his team for removing tree pieces and felling more of those which were deemed as dangerous.

We also organised a working bee – advertised on our Facebook Page (thanks to Frieda Gorman for her ongoing administration of this social media site) to do general clean up in the grounds in the pre Camp Creative period. I was overwhelmed with the response by staff, students, parents, P&C, Dean from the Youth Hub, Camp Creative personnel, Men's Shed members and community members. Photos and a summary are on the Facebook page and Ute Schulenberger did an article for the Courier Sun, with article and photos online as well. Thanks to Paul Holding and Bob Stockton for 'spreading the word' and attending as well – although now retired Principals, their love and care for the school and its students is still very evident. Thanks also to the Swiss Patisserie – a massive school supporter - and the Camp Creative Cooking crew for providing morning tea for our volunteers. It was a wonderful day and the school looked terrific after everyone's efforts.

Once again, Camp Creative was held in January in Bellingen, with the majority of sessions held on our site. It was my first adventure into the world of Camp Creative. Oh my Gosh! What a massive undertaking. Over 1500 participants doing all manner of sessions – drama (led by our School Captain as tutor, Tom); ceramics; mosaics; hula hooping; dancing; art; craft; music... wow! And the list goes on. Kudos to Bob and Michelle Stockton for their coordination and the Camp Creative Committee for their efforts in getting things together and organised to ensure the event ran smoothly and Bellingen was put firmly and positively on the map again for another year.

Then, our beautiful new Year 7 crew arrived and enjoyed Welcome Week – getting to know teachers and us getting to know them. What a lovely bunch of fine, young individuals who have shown how resilient to change they are as they adapt to their new surrounds. I truly hope that they enjoy their time (in the next six years) at Bello High and build lasting relationships with teachers and with their friends.

Along with Year 7 came Ms Fisher (all the way from Albury on the NSW / Victoria border); Ms Butcher (from Penrith) – both in the English Faculty and Ms Grant in Science, who is working part time while enjoying her beautiful baby and Ms Hogel is filling in on the days when Ms Grant is on leave. Ms Campbell has returned to English and Mr Borg to Maths. Just some new faces at Bellingen High this year.

And now, it's week 3 and we are simply holistically in the thick of learning! Positive vibes are about and students are in class enjoying the thrill of an intellectual challenge and applying themselves to be the best they can be!

Until next time.

*Yours in Education:  
Kim Dixon*

## ***Trial of a Mobile App (Salvanote) at Bellingen High School***

During Term 1 this year, the school will be trialling an educational mobile app to make it much easier for teachers to be in more frequent communication with parents of children in their care. The school will invite a number of parents to participate in this trial. At the conclusion of the trial, all participating parents and staff will be asked, in a survey, to tell the school what they thought about the mobile app. At that time, the Principal will decide whether or not to employ this app to promote better and more frequent communication with parents. During the trial, participating parents are encouraged to bring any questions or any feedback to the staff contact person, Mr. Jeff Borg, in the Mathematics Department.

Therefore, in the coming weeks **some** parents will be offered the opportunity to download the mobile app (called Salvanote) to their Android or Apple mobile phone. The app will have easy to follow instructions on how to sign up. The use of the app will be very similar to other communication apps like WhatsApp or Messenger. Some staff have volunteered to be a part of this trial with specific classes – so not all teachers or all classes will have access during the trial period.

The app is free to download and free to use, with the only cost being the indirect cost of data. This cost is negligible, especially during the trial, when messaging via Salvanote is text-based. If you already use WhatsApp/Messenger/Viber etc. then you will be familiar with this kind of data usage. The app will not use SMS functionality on your phone.

**[So keep posted. Salvanote is coming!](#)**

# Year 8 Girls Day Out

On November 16<sup>th</sup>, in collaboration with Bellinghen High School, BSYS ran a workshop day for girls in Year 8. The workshops focused on 4 different topics identified by the girls themselves and included self-care, digital safety, healthy relationships and safety around drugs and alcohol.

Involved in facilitating the workshops were Cindy Brasen, Eliza Zanuso, Kim West (The Buttery) and Magda Pomroy. Teachers present were Year 7 Advisor Jhade Munro-Greentree, Student Engagement Officer Jaimie Porter and Year 8 Advisor Frieda Gorman. The day was optional to the students and we had 22 female students attend.

Over the course of the day, the girls were divided into groups of 5-6 and rotated between the workshops so by the end of the day they had participated in all four. The girls were given content related to each topic as well as an opportunity to explore their views and values on the topic. Throughout the day, we heard feedback on the issues they are facing at the moment and how they deal with this. The girls were also introduced to new coping strategies and adults who may be able to help them when they or their friends are struggling.



The self-care workshop was run by Cindy Brasen and covered self-love, self-esteem and mediation practices. Cindy showed videos and gave the girls some materials to start a gratitude journal. In our feedback forms, this workshop got excellent feedback with majority saying it was their favourite.

Kim West ran a drug and alcohol workshop with a focus on choices and risk minimisation. Kim introduced different kinds of drugs and the effects on the brain.

Magda Pomroy ran the respectful relationships workshop. Magda covered respect, consent and safety in different situations. This included some games and activities around body awareness, values and trusting your instincts.

Eliza Zanuso ran a digital safety workshop and covered the different social media that's available to teenagers and how to navigate the digital world safely. Eliza also focused on body image and how social media can influence the way we feel about ourselves.

Overall the program was a great success and lots of fun. Some of the feedback we received included: 'I loved the meditation!!!' The most helpful thing about the program was 'teaching about self-love and acceptance and learning about different aspects of growing up'. It was also requested we run more of these workshops and cover other topics such as friendships and family issues.

Because the program was optional, we only had 22 out of 60 students attend which was a little disappointing. It did make the workshops more intimate and gave the participants more time to share and give their opinion but the downside to this was that many of the young women who attended were quite shy and very reluctant to talk. Perhaps having more people present would have eased their discomfort so hopefully next time more girls will show interest in this activity and thus target more young people who are in need of the information and resources.

Another downside to the lower numbers was that we catered food for 60, so our expenses would have been significantly lower if we had the numbers ahead of time. Nevertheless, the leftover food was offered to other kids at Hub drop-in in the afternoon and did not go to waste!

Aside from learning about issues relevant to their lives, a program like this is beneficial for relationship building and establishing trust. There are now 22 young women, in Year 9, who know there are people available to ask for advice or help if they need. It also provides an opportunity for the school to provide programs outside of the school learning environment that will benefit overall wellbeing of their students, and it was fun. As discussed by the facilitators, this is something we would love to have the chance to do again.

***Magdalena Pomroy***  
***Youth Caseworker***  
***Bellingen Shire Youth Services***



*Gift bags included sweets, a self-care card, and information with relevant phone numbers or websites*



*Girls were asked to choose a side as they entered the Youth Centre "Average" or "Beautiful"*



# Buckling up on school buses

Some school buses will look different now with the introduction of seat belts into Busways' fleet.

By law, passengers in a seat belt-fitted vehicle must wear the seat belt. If your seat has a seat belt, you need to buckle up - the way you do while travelling in a car.

Each seat will have three seat belts so you get to share the seat with one or two of your friends! It's important that you clip in your seat belt without having to be asked by the bus driver as they need to focus on driving the vehicle safely.



By law, you won't be able to stand on the bus once yours has seat belts – you must sit in a seat and wear your seat belt correctly. Don't forget to 'click clack'.

Parents - It would be a great assistance if you can help by talking to your children about wearing their seat belts on the bus without waiting to be asked. It is just like getting in the car – if there is a seat belt on their seat, they need to buckle up.

## Gumbayngirr Puppets

The original aim of this camp which was held from 19<sup>th</sup> to 23<sup>rd</sup> November last year, was to engage students in cultural knowledge and learning through the medium of puppetry. Language, ceremony, stories, art, song & dance would be shared by Elders and cultural facilitators from which the students would, with the support of puppeteers, create puppet theatre expressing their learning. This, the first of two puppet camps, went a long way toward achieving this aim.

Of the original eighteen students who started on the Monday, fourteen attended for the full five days. One further student, from Nambucca High, joined the group on Wednesday. After the first day, it was decided that the camp did not suit the current learning needs of three students and one other student did not return after Tuesday as she found it a little too challenging; which left fifteen students finishing the week. Of those students three were from Bellingen High, two from St Mary's Bellingen, two from Nambucca High, four from Nambucca Primary, and four from Frank Partridge VC Primary School.

The wisdom and knowledge shared by the cultural facilitators over the week provided for deep cultural learning by the students. Cultural facilitators and

Elders attending were: Aunty Maureen McCarthy, Aunty Shaa Smith, Uncle Michael Jarrett, Uncle Troy Robinson, Uncle Budd Marshall, Nellie Gallop and Aunty Lisa Kelly. The generosity and commitment of our all of these leaders was fantastic!

Sue Wallace and Steve Coup - Sydney Puppet Theatre - provided the puppetry knowledge, skill, patience, entertainment and fun behind the creation of four short shadow puppet plays. Thirty five years of performing together, touring internationally and in Australia, running workshops and festivals, was behind the extraordinary effort they put in to ensuring the students created a body of work of which they could be truly proud. Sue's efforts as Director, pulling together four shows was amazing. Steve's technical skills in sound, lighting, building, creating and last minute ideas was awesome!

As well as cultural facilitators, students were further supported by staff from Nambucca Primary - Shannon Trindall who did amazing work with students doing the 'Uncle Budd eagle story'; Frank Partridge VC Primary - provided a staff person each day - all of whom were supportive and engaged positively with the project; Rowena McGregor was employed by Bellingen High (funded by 3<sup>rd</sup> Space Mob) as supervising teacher; and, Jenni Farrands - 3<sup>rd</sup> Space Mob & Aboriginal Support Teacher Bellingen High, attending Monday - Thursday working with students and assisting in the general facilitation of the camp.

Cultural aspects of the camp included:

- Welcome by Michael Jarrett and Maureen Macarthy for Sue & Steve on the Sunday prior to camp commencing
- Welcome by Michael Jarrett for the students on Monday morning
- Fire lighting and Welcome ceremony by Troy Robinson on Monday afternoon
- Morning cultural meditation sessions by Maureen Macarthy on three days
- Sharing of the Yuladarla story and teaching of the Yuladarla song by Shaa Smith
- Sharing of stories by Uncle Budd? In particular the 'Eagle story'
- Sharing of many stories by Michael, in particular his 'Hairy man story'
- Teaching of language by Michael Jarret, Shaa Smith and Troy Robinson
- Drawing session with Nellie Gallop to help students create the images of the stories they had heard
- All the cultural facilitators and Elders worked with all in attendance to ensure the camp was a culturally safe and respectful environment.

**Puppetry:** Over the week Sue and Steve worked with the students (and staff) developing skills and knowledge of:

- Learning about puppetry
- Story development
- Puppet building
- Singing
- Movement
- Shadow puppet - understanding light, position, movement
- Voice



In preparing for the camp, Sue & Steve purchased a frame for shadow puppetry and constructed a 'play board' for hand puppets - these along with the show will be kept at Bellingen High to facilitate further performances.

On the Friday morning, the camp moved to the assembly hall at Nambucca Primary School where final rehearsals were held before presenting to the students of Stage 3, a number of Aboriginal students from other Stages, along with parents and family members who were able to get there to see their children's work.

The show began with a *Welcome to Country* by Tahahni Berger. The group was then led by six of the students in singing the *Yulladarla* song - accompanied by a simple shadow play. The actual puppet performances began with a shadow performance of the *Fire Lighting Ceremony* - accompanied by Uncle Troy chanting, in language, the request for the fire to *take away evil and bring back good*; followed by an interpretation of *Aunty Faye's Bull-Horse story* accompanied by Uncle Michael singing; *Uncle Budd's Eagle Story*; and, finishing with *Uncle Michael's Hairy Man Story*. Between acts, Uncle Michael entertained the audience with a short story about the *Muurrbay Tree* and some teaching of language. The general consensus was that the show was outstanding!

Transport was by 24 seater bus provided by Bellingen Taxi service. The pick-up and return of students, starting in Bellingen, via Urunga and Nambucca and finishing at Valla beach - and vice versa - worked well and was without incident. Transport was included in the funding provided for the camp by 3<sup>rd</sup> Space Mob.

Catering for the camp was provided by Nyomi and Vera Widders; young Aboriginal women from Nambucca Valley who are being supported by 3<sup>rd</sup> Space



Mob to become caterers for SLIKK (Student Leadership Is Koori Kids) camps, along with other Aboriginal community events such as birthdays, funerals, etc.

Following the success of this camp, it is envisaged that a second camp will be held in Term 1 2019 for Bowraville Central School, Macksville High School and their feeder schools.

Following the show on Friday, it was reported to me by her mother that Tahahni, had had *such an amazing cultural week, she didn't want to go back to school; she just wanted to keep doing what we had been doing!*

**Jenni Farrands**  
**Director 3<sup>rd</sup> Space Mob**

**Rowena McGregor**  
**Project Coordinator**

## Newsletter

We have available to any parents (who are not already on our list) the ability to email you our fortnightly Newsletter. The emailed newsletter is on our school's website and is in colour so it is worth receiving.

Parents will need to provide their email address to us and remember to check your inbox. We will continue to produce a paper newsletter every fortnight that will be delivered via your child to you.

## Bellingen High School P&C

### What are we about?

- ☺ We encourage parents to be involved in their child's journey through high school.
- ☺ We focus on how to make our school community better for all.
- ☺ We aim to promote Public Education and strive to support the staff and students at Bellingen High School by playing an active role in the school community.
- ☺ We believe that by working together, towards creating a positive school environment, we are contributing to the well-being of all - staff, students, parents and the broader community.

**P&C Meetings are held in the Staff Common Room at 6.00pm on the second Monday of each month.**

We look forward to seeing you at our first meeting on **Monday 11<sup>th</sup> February – 6.00pm**

# Sport News

## Victorious Volleyballers

Bellingen High School attended the Mid North Coast Volleyball knockouts and trials at Sportz Central on Monday, 4<sup>th</sup> February. The girls' team had a bye in the first round and came up against Coffs Harbour High School in round 2 of the NSW state knockout. Consistently good technical play saw the girls take the game convincingly 2 sets to 0. They then had to play CHEC in the third round, which was the Zone Final. Again the girls proved far too strong winning easily 2 sets to 0. This will put them in to round 4 and they will have to play the winner of Lower North Coast Zone, which will probably be Wauchope High later this term. From their games all were selected in possibles/probables to trial for the zone team. Six girls Willow Neal, Emily Ruming, Ashley Sticker, Sophie Keough, Shelby Osland and Sophie Boyd were all selected in the Mid North Coast Zone team. This team will travel to Port Macquarie to participate in the North Coast trials on Tuesday, 12<sup>th</sup> February. Great start for the year for these girls.

### **NC Champions**

*Back row - Jess Bailey, Shelby Osland, Sophie Keough, Willow Neal, Ashley Sticker*

*Front row - Sophie Boyd, Emily Ruming*



The boys' team found going a little harder. Their first game against Coffs Harbour High saw them start slowly to narrowly lose the first set. With improved communication and confidence they won the next two sets to win the game. This put them in the Zone Final against Orara High who were North Coast Champions in 2018. The boys started strongly and were matching Orara well until a couple of gun servers came to the line. They struggled to get the ball back into play and lost some confidence and Orara High were victors 2 sets to 0. A number of boys were selected for possibles/probables and two boys, Hudson Brown and Lachy

Auld were selected for the Zone team to also play in Port Macquarie. It's great watching these high flyers.

*Jon Winfer/Liz Hoy*  
*Sport Coordinators*



*Michael White flying high to block the ball with Darcy Cronin, Rowan Juodvalkis and Kain Selem ready to receive the ball*



**MNC Runners-up**  
Back row - Michael White,  
Jacob McBaron, Darcy  
Cronin, Isaac Malt, Hudson  
Brown, Kain Selem  
Front row - Lachlan Auld,  
Brock Wylie, Rowan  
Juodvalkis





# School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

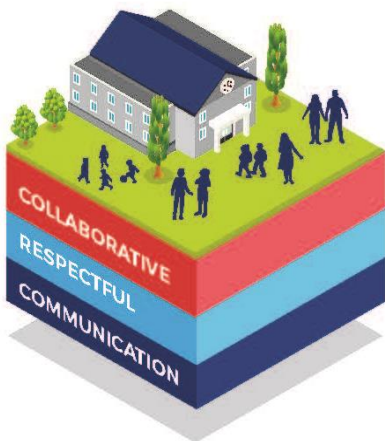
We treat each other with **respect**

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We **prioritise** the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work **together** with the school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**



We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

We work  
**in partnership**  
to promote  
student  
learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

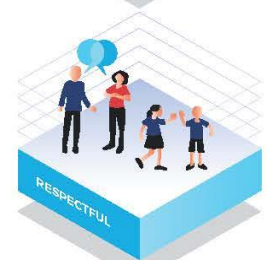
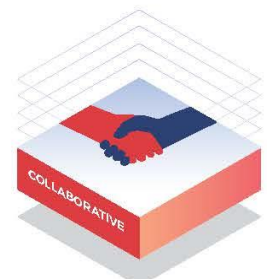
## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**

[education.nsw.gov.au](http://education.nsw.gov.au)

# Making a complaint about our schools

We are committed to resolving complaints promptly, so it's best if you let us know about your concerns as early as possible.

For some matters it may be appropriate to talk to the school principal. If you aren't sure who to complain to, your child's teacher or school office staff can provide you with the correct contact details.



**Talking about problems can be the best way to start resolving them.**

Start by contacting your child's teacher, by talking to school office staff, or in high school try the year advisor. You can raise your complaint in person, by email, over the telephone or by letter if you prefer. Make a time to meet with the teacher or phone the school and ask for an appointment.



**Sometimes, we may ask you to put the complaint in writing. Include details and tell us what you would like to happen as a result of the complaint.**

We can help you to put your complaint in writing. You can also use the [complaint form](#) or the [Feedback Assist widget](#) - both are on the Department of Education website. Make a time to meet with the teacher or phone the school and ask for an appointment.



In many cases, staff can manage a complaint made directly to them. Some complaints will need the involvement of the principal or workplace manager.

The person managing the complaint will gather the information they need to properly assess the concerns and make a decision about the best way forward. The complaint manager may make inquiries before contacting you.

When responding to a complaint, we may do one or more of the following:

- **take action to fix the matter or improve the situation**
- **apologise**
- **provide an explanation**
- **acknowledge that the situation could have been handled better or differently**
- **undertake to review policies as a result of your complaint.**

Sometimes, we may not be able to change what has happened or the complaint manager will decide that the original decision was appropriate in the circumstances. Whatever the outcome, the complaint manager will give you clear reasons for their decision. This may be in a meeting or by telephone or by email.



If you are not satisfied with the outcome, you can ask to speak to the complaint manager to talk about the issues and raise your concerns.



If you are still not satisfied or believe that the complaint outcome was incorrect and/or the complaint handling process was unfair, you can request a review. The request should be addressed to the initial complaint manager or their supervisor.



Reviews should be completed by a person who has not been the subject of the complaint in any way and has not been involved in managing the complaint.

External reviews of complaints may be conducted by organisations such as the NSW Ombudsman.

# BELLINGEN HIGH SCHOOL ANTI-RACISM POLICY STATEMENT

Bellingen High School rejects racism in all its forms. Our school is committed to the elimination of racial discrimination, including direct and indirect racism, racial vilification and harassment.

If your child feels that they are the victims of racism the incident or matter can be resolved by reporting it to the Anti-Racism Officer in our School. The Officer will then instigate an investigation based on the Grievance Procedures flow chart below.

All New South Wales schools are monitored by the Department of Education as an ongoing part of the Anti-Racism Policy implementation across the State.

## Anti-racism Grievance Procedures

### **Step 1: Making a complaint**

Contact Officer will:

- ❖ obtain details
- ❖ inform person(s) of process and rights

### **Step 2: Investigating the complaint**

Senior Officer and Contact Officer will:

- ❖ interview both parties
- ❖ seek resolution
- ❖ write report for Principal and recommend action

### **Step 3: Making a decision**

Principal or Senior Officer will:

- ❖ decide on action and inform both parties
- ❖ inform both parties of right to appeal

### **Step 4: Appeal**

Next most senior officer will:

- ❖ review material
- ❖ discuss with person appealing
- ❖ attempt resolution
- ❖ decide on action and inform all parties

### **Step 5: Further action**

Principal or Senior officer will:

- ❖ monitor situation regularly

# WHAT TO DO IF I AM BULLIED

If I feel hurt or upset by what someone else has said, written or done

I tell a teacher or my Year Advisor  
or  
A friend tells my teacher or Year Advisor  
or  
I use the Bully Box in the Library

## First Report

Teacher will tell the bully to stop and help work out the problem.  
My Year Advisor and Mrs Gorman will be informed.

I may want to talk to the  
School Counsellor

## Second Report

Mrs Gorman or my Year Advisor will help  
me work out a solution.  
The bully will be given a warning by Mrs  
Gorman.

My parents may be  
involved

## Third Report

Mrs Gorman will inform the Deputy  
Principal.  
The bully will be given a warning by the  
Deputy Principal

I will receive continued  
support from teachers,  
Mrs Gorman, Counsellor  
and Deputy Principal

## Fourth Report or IF I AM IN DANGER

Deputy principal or Principal will interview  
the bully.  
Bully may be suspended.



# SCHOOL UNIFORM

Bellingen High School asks all parents to send their children to school neatly dressed in correct uniform. Every student should take pride in their personal appearance and the wearing of school uniform is an important step in developing a good school spirit.

The Bellingen High School uniform has been agreed on following extensive community consultation and is supported by the P&C, Student Representative Council and Staff. It is expected that students will be in full school uniform at all times unless they are involved in an approved activity that does not require the uniform to be worn.

Students who have approval to be out of uniform are required to comply with the dress code that includes being neat and tidy with shirts that have a collar and sleeves. Fully enclosed shoes are to be worn at all times. Unacceptable items are ripped clothing, singlets, string shoulder tops as shirts, sleeveless shirts, low cut necklines or armholes, midriff tops, jumpers with hoods and slogan pictures.

The wearing of uniform is school policy at Bellingen High School and has many advantages which outweigh the disadvantages. Its main argument, in a school like Bellingen, is it gives identity to the student body in a school which has students from varying levels of socio-economic backgrounds.

Students are not permitted to participate in extracurricular (non-compulsory) activities such as sporting representation or excursions if they have not made a genuine effort to wear school uniform. In cases of genuine hardship, parents may approach the Deputy Principal for assistance in the provision of a uniform via the Student Assistance Scheme.

Uniform items are available from the school's Front Office (limited sizes/stock) and LOWES Toormina who have a full range.

To encourage uniform wearing we have: -

1. A commitment from the staff - both encouraging students and acting in a supervisory role.
2. P&C support
3. A support network with parents
4. A supporting statement from the SRC in relation to uniforms.

## **UNIFORM ITEMS ON SALE AT FRONT OFFICE**

✦	Girls Skirt	(Years 7 to 10)	Junior	\$45.00
✦		(Years 11 and 12)	Senior	\$40.00
✦	Shirt	(Years 7 to 10)	Junior	\$35.00
✦	Shirt	(Years 11 and 12)	Senior	\$18.00
✦	Jumper		V Neck	\$25.00
✦	Jacket		Zip Up	\$30.00
✦	Sport/PE Shirt (Gold)			\$14.00

## **GIRLS: YEARS 7-10**

- Bellingen High School Shirt
- Bellingen High navy blue tartan skirt or navy blue shorts
- Navy blue slacks
- Navy blue jumper and/or school jacket (no hoodies)
- Black or single coloured **leather upper shoes**, white socks
- Acceptable sports shoes

*Note: Shorts and skirts are to be not more than 10 centimetres from the knee*



## **BOYS: YEARS 7 - 10**

- Bellingen High School Shirt
- Dark blue jumper and/or school jacket (no hoodies)
- Grey shorts or long pants (single colour)
- Black or single coloured **leather upper shoes**, white or grey socks



## **GIRLS & BOYS: SPORT/PE**

- Royal blue shorts (single colour not more than 10 centimetres from the knee)
- Gold polo shirt
- Sport shoes with white socks
- Hat (advisable)



## **SENIOR GIRLS: YEARS 11 - 12**

- Bellingen High School White Polo Shirt
- Bellingen High School Royal Blue Skirt
- Navy blue slacks
- Dark blue jumper and/or school jacket (no hoodies)
- Black or single coloured **leather upper shoes**, white or grey socks

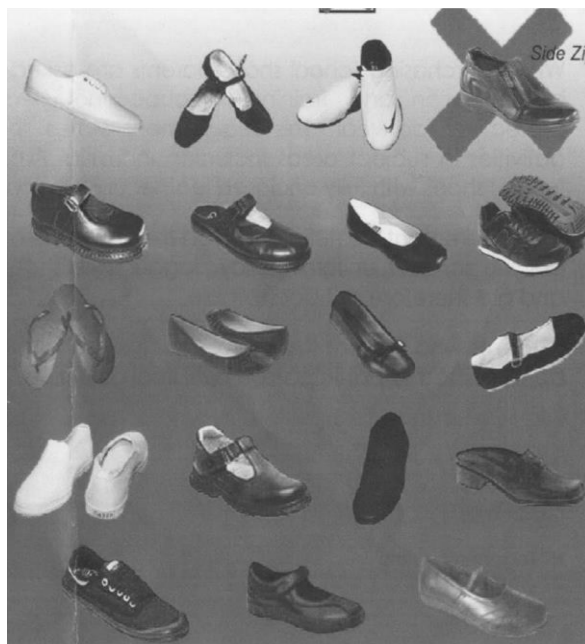
## **SENIOR BOYS: YEARS 11 - 12**

- Bellingen High School White Polo Shirt
- Dark blue jumper and/or school jacket (no hoodies)
- Grey shorts or long pants (single colour)
- Black or single coloured **leather upper shoes**, white or grey socks

## **Footwear:**

Establishing and maintaining safe working environments is fundamental to the work of teachers and students. *Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents from occurring. Footwear can also protect feet from mechanical or chemical damage.*

**Department of Education policy clearly states that it is mandatory that students carrying out practical activities using chemicals or equipment in schools wear enclosed leather footwear. This includes all Science, Industrial Arts and Home Economics classes. Our commercial stainless steel kitchen is in operation and no student will be allowed in without leather footwear. The shoes pictured right are all deemed unsafe.**



Students who attend school with inappropriate footwear (e.g. thongs, crocs, scuffs slip-on sandals without a strap, high heels, ugg boots or slippers) may be isolated from practical classes, or sent home to get footwear that is more appropriate. In all cases, it is best for students to have an explanatory note from home **AND** report to the Deputy Principal's office **before** school to get a Red Uniform Slip.

## **UNIFORM FOR PRACTICAL LESSONS**

### **SCIENCE:**

Shoes with leather uppers are to be worn at all times in the laboratory. No thongs, gym shoes, sandshoes or sandals are allowed.

Long hair must be tied back for safety.

Safety glasses are required to be worn for experiments and may be purchased from the Front Office for \$9.00.

### **TECHNOLOGY: (KITCHEN/TEXTILES)**

A cover-up apron of any colour must be worn during all food technology practical lessons (available at the Front Office for \$10.00).

Long hair must either be tied back and a hair net or cotton scarf is to be worn. Initial hair net is free and 20¢ thereafter.

Slip resistant shoes with enclosed leather uppers (or a suitable safe alternative) must be worn.

## **Canteen**

The Canteen is always keen to have new members on the roster. If you are able to assist at any time we would love to hear from you, so please give us a call. Attached also is a copy of our current Canteen Menu.

The Canteen is a great environment to work in, not only because of the air conditioned comfort; it is also a great place to meet the staff of Bellingin High School. Any help at all would be greatly appreciated.

*Karen De La Cruz  
Canteen Supervisor*

# BELLINGEN HIGH SCHOOL CANTEEN MENU

## SANDWICH FILLINGS

EGG, LETTUCE AND MAYO	\$5.00
HAM, TOMATO AND CHEESE	\$5.00
CHICKEN, MAYO AND LETTUCE	\$5.00
ROAST BEEF, CUCUMBER AND PICKLES	\$5.00

## SALAD – SANDWICHES and WRAPS

All contain the following: lettuce, tomato, cucumber, carrot, beetroot and mayo.

HAM	\$6.50
CHEESE	\$6.00
CHICKEN	\$6.50
ROAST BEEF	\$6.50
FALAFEL – Hommus	\$6.50
FRESH FRUIT (seasonal)	\$1.00
FRUIT SALAD TUBS	\$4.00
VEGETARIAN PESTO PASTA SALAD	\$4.00

## BAKERY

FINGER BUNS	\$1.50
HAM AND CHEESE SCROLLS	\$3.00

Assorted Choices (\$1.00 - \$3.00)

\*Muffins  
\*Slices

\*Biscuits  
\*Cakes

## SNACK FOOD

MENTOS - Varieties	\$2.00
TIC TACS - Assorted	\$2.50
LOLLY BAGS	.50c
LICORICE BAG	\$1.00
CRISPS (School Canteen Approved) + Gluten Free	\$1.00

FROM THE FREEZER (Prices start from \$1-\$3)

\*Frozen Yoghurt

\*Smooze (suitable for vegans)

\*100% Juice Ice Cups

\*Paddle Pops (wide selection)

Any different sandwiches/burgers/wraps need to be pre-ordered.

**WEEKLY SPECIALS:**

**CHECK  
CANTEEN  
MENU  
BOARDS**

## HOT FOOD

<b>SPRING ROLLS:-</b>	
• CHINESE VEGETABLE	\$3.00
• JUMBO	\$3.00
<b>SWEET CHILLI CHICKEN TENDERS</b>	\$1.50
<b>HASH BROWN</b>	.50c
<b>SAUSAGE ROLLS:-</b>	
• BEEF	\$3.00
• SPINACH AND RICOTTA	\$4.00
<b>BEEF PIE</b>	\$4.00
<b>BURGERS: -</b>	
• SWEET CHILLI CHICKEN WITH LETTUCE & MAYO	\$5.00
• BEEF PATTIE WITH LETTUCE, CHEESE & BBQ SAUCE	\$5.00
<b>SAUCE:- TOMATO, BBQ, SWEET &amp; SOUR</b>	.30c

## DRINKS

<b>PLAIN MILK (500ml)</b>	\$2.40
<b>FM FLAVOURED MILK (SMALL 300ml) - Chocolate, Strawberry</b>	\$2.80
<b>FM FLAVOURED MILK (LARGE 500ml) - Chocolate, Banana</b>	\$4.00
<b>REAL CHOCOLATE ULTIMATE (500ml)</b>	\$4.00
<b>REAL COFFEE ORIGINAL (500ml)</b>	\$4.00
<b>REAL STRAWBERRY SUPREME (500ml)</b>	\$4.00
<b>BUNDY 100% JUICE (500ml) - Orange, Apple, Apple/Blackcurrant</b>	\$3.20
<b>BUNDY 35% JUICE (300ml) - Orange, Orange/Mango, Orange/Passion</b>	\$2.20
<b>BUNDY 35% JUICE (500ml) - Orange, Orange/Mango, Orange/Passion, Lemonade, Tropical</b>	\$3.00
<b>LIPTON ICED TEA (500ml) - Peach, Lemon, Raspberry, Mango</b>	\$3.80
<b>GLEE</b>	\$2.50
<b>WATER POP TOP (1 Litre)</b>	\$3.40
<b>WATER (600ml)</b>	\$2.20
<b>UP &amp; GO POPPER (250ml) - Chocolate, Vanilla</b>	\$2.50

# School Fees

**Student invoices will be mailed home later this term. Please remember these subject fees cover the cost of sundries to be used in class therefore prompt payment is appreciated. Accounts may be paid in full or whatever can be afforded to you each week/fortnight/month. We also have Eftpos facilities available for convenience at the Front office and via our school website.**

**In this Newsletter is a 2019 fee sheet. Please note that some amounts are subject fees only and will be increased by an extra amount depending on the projects/excursions undertaken.**

# BELLINGEN HIGH SCHOOL - VOLUNTARY AND SUBJECT FEES 2019

Year 7	Cost \$
<i>Voluntary Contribution</i>	25.00
Language (Indonesian)	25.00
Music	10.00
Technology – Food / Textiles	40.00
Technology – Timber / Metal	40.00
Visual Arts	30.00
<b>TOTAL YEAR 7 FEES</b>	
<b>\$170.00</b>	

Year 8	Cost \$
<i>Voluntary Contribution</i>	25.00
Music	10.00
Technology – Food / Textiles	40.00
Technology – Timber / Metal	40.00
Visual Arts	30.00
<b>TOTAL YEAR 8 FEES</b>	
<b>\$145.00</b>	

Year 9	Cost \$
<i>Voluntary Contribution</i>	30.00
Agriculture	30.00
Child Studies	30.00
Drama	10.00
Engineering	60.00
Film and Video	35.00
Food Technology	140.00
Japanese	20.00
Marine Studies	50.00
Music	20.00
Photography	45.00
Technology – Metal	80.00
Technology – Timber	80.00
Visual Arts	45.00

Year 10	Cost \$
<i>Voluntary Contribution</i>	30.00
Agriculture	30.00
Drama	35.00
Food Technology	140.00
Marine Studies	50.00
Music	20.00
Technology - Metal	80.00
Technology - Timber	80.00
Visual Media	50.00

Year 11	Cost \$
<i>Voluntary Contribution</i>	40.00
Biology	40.00
Business Services	30.00
Chemistry	30.00
Community & Family Studies	35.00
Drama	15.00
Engineering Studies	25.00
Hospitality	160.00
Industrial Tech - Metal	100.00
Industrial Tech - Timber	100.00
Investigating Science	30.00
Music	20.00
PDHPE	30.00
Photographic & Digital Media	60.00
Primary Industries	50.00
Physics	30.00
Visual Arts	60.00

Year 12	Cost \$
<i>Voluntary Contribution</i>	40.00
Aboriginal Studies	75.00
Biology	30.00
Chemistry	30.00
Community & Family Studies	30.00
Drama	20.00
Engineering Studies	25.00
Hospitality	120.00
Industrial Tech – Metal	80.00
Industrial Tech - Timber	80.00
Investigating Science	30.00
Music	20.00
PDHPE	30.00
Photography & Digital Media	60.00
Primary Industries	50.00
Physics	30.00



**Please see back of sheet for further information.**

Please note that some amounts are subject fees only and will be increased by an extra amount depending on the projects and/ or excursions undertaken.

# BELLINGEN HIGH SCHOOL - BELL TIMES

PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Period 1 (Roll Marking)	9.00 – 9.49	9.00 – 9.49	9.00 - 9.49	9.00 – 9.49	9.00 – 9.49
Period 2	9.49 – 10.38	9.49 – 10.38 <u>WEEK B</u> <u>ASSEMBLY</u>	9.49 – 10.38	9.49 – 10.38	9.49 – 10.38
Recess	10.38 – 11.03	10.38 – 11.03	10.38 – 11.03	10.38 – 11.03	10.38 – 11.03
Period 3	11.03 – 11.52	11.03 – 11.52	11.03 – 11.52	11.03 – 11.52	11.03 – 11.52
Period 4	11.52 – 12.41	11.52 – 12.41	11.52 – 12.41	11.52 – 12.41	11.52 – 12.41
Lunch 1	12.41 – 1.06	12.41 – 1.06	12.41 – 1.06	12.41 – 1.06	12.41 – 1.06
Lunch 2	1.06 – 1.31	1.06 – 1.31	1.06 – 1.31	1.06 – 1.31	1.06 – 1.31
Period 5	1.31 – 2.20	1.31 – 2.20	1.31 – 2.20	1.31 – 2.20	1.31 – 2.20
Period 6	2.20 – 3.09	2.20 – 3.09	2.20 – 3.09	2.20 – 3.09	2.20 – 3.09



## 2019 REGISTRATION NOW OPEN

MiniRoos 6-7 yrs	\$111
Junior	\$131
Players 8-12yrs	
Junior Youth	\$200
Players 12-U17s	
Youth – Snr Comp	\$200
Players 16 -18 yrs	
Senior Mens Amateur	\$300
Players Over 18 yrs	
Senior Women Amateur	\$280
Players Over 18 yrs	
Over 35s Amateur	\$250
Players Over 35 yrs	

FOR MORE INFORMATION GO TO  
[WWW.URUNGAFOOTBALL.COM](http://WWW.URUNGAFOOTBALL.COM)



#UFCJuniors

#UFCSeniors



# DANIEL FREUDEN MUSIC

ABN 57 377 832 325

Piano and Ukulele teacher

## Daniel Freuden

is a registered provider under the Service NSW Creative Kids program.  
Apply for a Creative Kids voucher now and you will get \$100 off the yearly tuition.

<https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>

Call Daniel on 0477-477640 for more information



## COME & PLAY HOCKEY

Bellingen Hockey Club are inviting all Junior players (4-16yrs) to give hockey a go and have fun playing games.

New Players – Come give it a go for FREE & have fun.  
Existing Players – Bring a friend & register for the 2019 season.

For further information please contact Emma Osland 0421 869 326 or email [bellingenhockeyclub@gmail.com](mailto:bellingenhockeyclub@gmail.com)



**Saturday 16<sup>th</sup> Feb  
4pm-5:30pm**

**Hockey Coffs Coast  
Turf Complex**

**Hockey Sticks  
available for use**

**Bring Shinpads &  
Mouth guard**

**REGISTER TO PLAY**  
Saturday Mornings at the  
Coffs Hockey Complex

Comp Starts Late March  
Training Tues 4:30-5:30pm





# ALITHIA LEARNING PRESENTS THE ANNUAL COMMUNITY FETE

SUNDAY 10 MARCH 2019

10am - 1pm

Valla Beach Lions Reserve



Bring a **model boat** to race

Live music. Stalls.  
Food. Pamper sessions.  
Face painting AND...

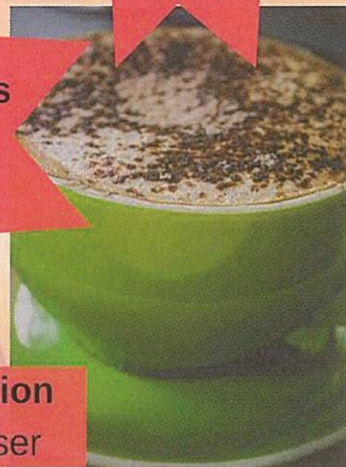


Bring a **home-made raft** to race

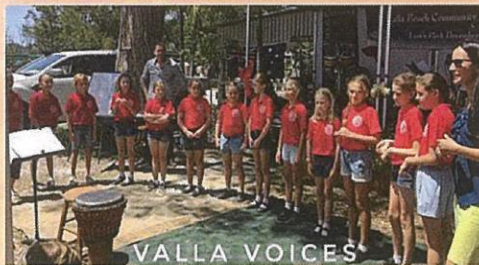


**Workshops:**  
Circus Skills  
Model Boats  
Yoga ...

**Auction  
& Draw Winners**  
Coffee with  
George Negus  
and more



Can't make the day? Join the online **auction** and **raffle**: [alithialearning.org.au/fundraiser](http://alithialearning.org.au/fundraiser)



100% of funds raised will go to providing workshops, resources and a community facility for children.

Entry by donation: \$5 per person or \$10 for the whole family.

Program, info and contact at: [alithialearning.org.au/fundraiser](http://alithialearning.org.au/fundraiser)



# DATES TO REMEMBER

## FEBRUARY

<b>11</b>	<b>P&amp;C Meeting</b>
11	Year 12 Crossroads
12	NC Volleyball
18	Year 12 Roadshow SCU
18	MNC AFL (15's)
21	Year 7 Peer Support Afternoon
21	MNC Touch Football Gala Day (15's)
25	Year 7 Parent BBQ
26	MNC Basketball
28	MNC Swimming
28	Vaccinations

## MARCH

1-4	Year 12 Society & Culture Excursion
4	MNC Netball Gala Day (Opens)
4	MNC Rugby Union Trials
4-6	Australian Hadyn Ensemble
5	NC Swimming
6	NRL Trials (15's/Opens)
7	MNC Hockey Trials/Gala Day (Opens)
8	NC Touch Football (15's)
<b>11</b>	<b>P&amp;C Meeting</b>
11	MNC Football Trials
12	NRL Gala Day (14's/Opens)
13	NC AFL (15's)
14	NC Basketball (Opens)
19	NC Netball (Opens)
19	NC Rugby (Opens)
21	Harmony Day
21	NC Hockey (Opens)
22	MNC v LNC League (15's/Opens)
22	Scholarship Concert
25	NC Football Trials
28	MNC Football Gala Day

## APRIL

4	NC Rugby League (15's/Opens)
5-6	Jazz – Morrisons
<b>8</b>	<b>P&amp;C Meeting</b>
8-10	CHS Swimming
8-12	Year 12 VET Work Placement
11	MNC Touch Gala Day (Opens)
12	End Term 1
29	Staff Development Day
<b>30</b>	<b>Students return - Term 2 starts</b>

## MAY

1	Cross Country
6-7	NRL Greater Northern (15's/Opens)
8	Years 9-11 Da Vinci Decathlon
10	UNE Open Day
13	<b>P&amp;C Meeting</b>
13	MNC Squash
14-16	NAPLAN
20	NC Golf
20	NC Touch (Opens)
22-23	Coffs Coast Futsal
24	MNC Cross Country
25-26	Bellingen Show
30	NC Gymnastics

## JUNE

3	CHS AFL (girls)
4-6	CHS Football (girls)
6	Year 10 Vaccinations
6-7	Bellingen Writers Festival
10	Queens Birthday Holiday
14	MNC Athletics
17	<b>P&amp;C Meeting</b>
18	Year 12 CSU Open Day
21	NC Cross Country

## JULY

1-5	Musical Tour (Sydney)
2-4	CHS Gymnastics
2	MNC Basketball Gala Day (15's)
4	Newcastle Uni Open Day
5	End Term 2
7-14	NAIDOC Week
22	Staff Development Day
23	<b>Students return - Term 3 starts</b>
24	NC Tennis
26	All Schools Cross Country
31	Years 11/12 Post Schools Options Expo

## AUGUST

8	NC Athletics
12	<b>P&amp;C Meeting</b>
13-16	Futsal
19-23	Year 11 HSIE Excursion
21	Australian Maths Competition
23-25	ADFA Open Days
26	Years 7/8 Da Vinci Decathlon