

5 April 2019

# Bellingen High School NEWSLETTER

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**24th May**

**Doors Open 6:00pm**

**Prizes For Best**

**Dressed**

**\$5 Students**

**\$10 Adults**

**\$25 Family**

BELLINGEN  
HIGH

CLAPPER  
AWARDS

**A Showcase of Student Films**

# From the Principal

The last newsletter of Term 1, 2019 takes a different format for me. Usually I am so proud of our students and all that they do and can't wait to let parents and community know about how wonderful Bellinghen high students are.

This newsletter however, is filled with rules and consequences from me – a rather different slant from previous issues.



**Firstly, from the beginning of next term (April 29, 2019), the new Electronic Devices Policy will be in place.** This means that mobile phones will need to be OFF (tuned off - not on silent or vibrate) and AWAY (not in pocket but in bag). The only time this changes is when allowed for use at a teacher's discretion for educational purposes. Students have been reminded at Year Meetings about this specifically and staff will remind students of their obligation before classes enter classrooms to ensure students have maximum take up time for this new rule. In determining this policy, a small team consulted staff, parents (through P&C) and students (through the Student Leadership Team) and amended the original document to include their considerations to come up with the final document, which will be available on the website. Of course, there are consequences for having mobile phones out in class – and these are documented in the policy – but, basically, in the first instance, students will surrender their phone for the remainder of the day (it will be locked in the school safe and students can collect from me at day's end). I do understand that some students are quite affronted by the change and may be distressed at the idea that they can't have their mobile phones on during class time. Class time is prime instructional learning time – and not a time to be concerned with notifications and messages. There is time enough for this at recess and lunch. Should a parent want to contact a student – they can message – and know it will be picked up at recess or lunch or if there is an emergency, please ring the school and your student will be asked to come to the front office to take a call from you (just like in the olden days, pre mobile phone). Our determination and intention with this policy is not to be Draconian, rather to optimise student learning opportunity and minimise distraction in the classroom (and increase and improve focus). We are sure that some students will want to “push the boundary” and are prepared for that initial trial but are confident that students will quickly adapt to the new way of dealing with phones at Bellinghen High School.

**So, now onto our playground rules.** Phones are allowed during recess and lunch but students cannot take photos or videos of other students without their consent. It is unlawful. We will be trying to monitor this application of phones as best we can. In the playground, I would suggest is just another teaching and learning space. As a result, offensive language should not be occurring. Sometimes, the way students speak to, and about, each other in the playground is less than kind, friendly and positive. This needs to stop. Certainly, students should not speak to staff in an offensive manner (no-one comes to their work environment to be spoken to like that) and there are consequences when they do. The same can be said of the playground. Finally, the quad area from the front office to the IA and Aboriginal Language centre area is a passive zone – this means **no games except for handball**. Any other sports or games are for the area west of the canteen – the oval. It's really that simple. Running games – tip-chasey or the like are for the oval, not the quiet area.

**With the change in weather comes the need for winter uniform.** We are a uniform school as prescribed by our P&C. For winter, the school has instituted a new tracksuit option and a new jacket – both available at Lowes. Neither have the school logo – so can be worn out of school also. The tracksuit pants were presented to students at an assembly for their comment as part of P&C consultation. The Student Leadership Team also had a look at them and tried them on, and thought they were a great alternative to some of the other options available. The jacket, while \$50 to purchase, is long lasting and very warm. From the beginning of term 2, students not in uniform will be asked to exchange items for uniform for the day from the clothing pool we have. This includes, very specifically, hoodies. Students wear hoodies for their comfort and their warmth, which we appreciate. However, students also wear hoodies and pull the hood up – making their identity difficult to establish. It's just not a good look. We don't have an approved item of uniform that is a hoodie, so we don't want to see them worn. In their place we would like to see the school jumper or the new jacket, to ensure uniform is well worn at school. From this point, girls wearing cut off shorts will be asked to change into something more appropriate – or parents will be called to collect them and ensure they are wearing something that is appropriate for school. The vast majority of students do wear the uniform and wear it well and with pride. I am especially pleased with students wearing the new shirt of the uniform – this looks wonderful when students are all together. We look like a united body – which is great to see and reflects the 'feel' or vibe of the school. I hope that parents will be supportive of this increase in our attention to uniform as you now have the holidays to get a hold of winter uniform ready for the cold snap that usually occurs after ANZAC day! We appreciate parental support of this – it makes for greater feelings of school inclusion and allows students to represent the school in uniform. It's a shame when a student is excluded from any representation or from presenting anything at an assembly based on a failure to follow the uniform dress code, and I don't want a reason to have to consider this.

We are also exceedingly fortunate to be working in collaboration with Camden Haven Distance Education, through Shane Williams and The Bellinger Youth Hub Service, through manager Dean Besley, to be able to offer the Bellinger Valley community a 1 day per week Distance Education Learning Hub @ The Hub every Monday – with the service provider being Ryan Sullings. This will allow students currently on DE for a medical condition, who are unable to access mainstream education, the opportunity to make appointments to have 1:1 learning time with Ryan each Monday. This service is provided to support the transition of DE students, eventually, back into mainstream school. It is NOT for existing BHS students to 'opt out' of school for 1 day per week and go to the Hub.

**Finally (I know, the rant is almost over!)... there have been real issues with the back Crown Street Car Park for some time now – with both parents and students parking in staff areas and areas for tradespeople.** During the next holidays, a turning circle will be developed for parents dropping students off in the mornings before school that is definitive in its process and application (that is, drive in, use the turning circle, drop student off and turn right only to exit the car park. There will be signage to demonstrate this – although this may not have arrived in time for the turning circle's opening for use. A path for students along the side of the music building will also be constructed for use in wet weather. Parents should not enter the area designated for staff and for student projects, such as those in IA – which have been hit by parent drivers before.

As a result, students will also no longer be able to park in the Crown Street Car Park. Their designated parking areas are: the bottom of the hill from the Waterfall Way access point. Other areas available for parking for students include: the car park near the recycling station (tar and lined) and the car park area at the end of the bus bay. Regardless of where students park, the DoE takes no responsibility for the cars or any damage that occurs. We have had two students hit other cars in the Crown St Car Park this year – and drive off – without notifying the other person. Parents, also banked up parking in that area, reported both instances early in Term 1. Staff have been complaining about the limited nature of the parking available to them when it is taken by both parents and students. The turning circle and the other parking opportunities available to students should alleviate this issue.

As the term draws to a close, I want to thank the staff, students and parents for supporting new innovations at Bellinghen High School to try and make our space better for all concerned – a better workplace and a better learning environment. I really hope students take the time to relax and enjoy their holiday, so they can return to Term 2 – a term of assessment and reporting – with verve and vigour. I hope each and every student returns and starts the term as they mean to finish: with the clear intention to succeed optimally and to achieve their personal best.

Yours in Education:



Kim Dixon



**Ibu Jody Newhouse (Indonesian)  
together with Mr Simon Borgert and  
Ms Hannah Campbell (Year Advisors)**



*invites you to an*

**“END OF TERM 1 CELEBRATION  
+ GET TOGETHER”**

**and a chance to view the Year 7’s fantastic  
Balinese Compound creations!**

**Wednesday 10<sup>th</sup> April 2019**

**4.30pm – 6pm**

***Bellinghen High School Library***

***Afternoon Tea will be provided***

***Look forward to seeing you there!***

# Year 11 into 12 2020 Senior Jackets

Year 11 sample jackets have arrived! The idea of organising jackets in Year 11 is to maximise wear/value for money as students can wear their jackets in both 2019 and in 2020. Students are encouraged to try on sample jackets for size before orders are placed. Order forms are now available from Miss Hill's office OR on the Year 11 Facebook page. Total cost will be \$82. Please complete the order form and return it to the Front Office with either full payment or deposit of \$50 by Thursday 2<sup>nd</sup> May, Week 1 - Term 2. Thanks!

*Amber Hill*  
*Year 11 Advisor*

## Clappers - Bellinghen High School's Annual Film Festival

It's that time of year again, when we all dress up and walk the red carpet, channelling the Oscars. Friday 24<sup>th</sup> May is the date, so there is still plenty of time to create a masterpiece, you wouldn't want to get bored in the holidays! Everyone who enters a film gets a free ticket and don't forget there are prizes for the best dressed boy, girl and couple, so dress to impress! Doors open at 6, so we have time for photos. Looking forward to seeing you all there.

*Lynda Lane*  
*CAPA Faculty*

## Years 7 & 11 Parent/Teacher Evening

A reminder to parents/carers that our Year 7 and Year 11 Parent/Teacher Evening is on this Monday 8<sup>th</sup> April from 4pm-6.30pm in Stockton Hall (MPC). Our online booking system is open which will enable you to book a meeting with the teacher/s of your son or daughter. Attached to this Newsletter is the procedure for making appointments bearing in mind access will close at 6am on Monday 8<sup>th</sup> April.

If, for any reason, you are unable to attend the evening, please do not hesitate to call and speak personally with teachers.

We look forward to seeing you on the night.

## Bellinghen High Winter Jumper and Jackets

**We have V neck jumpers and zip-front jackets for sale at the Front Office ready for the cooler days coming up. Both are navy blue with the school logo on the front. The jumpers are \$25 each and \$30 for the jacket. For more information please do not hesitate to contact the school.**



## Exciting News from CAPA

Term 2 will see the launch of the new BHS Art Prize and Exhibition, to be held in September.

Entries are open to all students, who are invited to submit works in any 2D or 3D media e.g drawing, painting, sculpture, photography etc.

Major cash prizes are on offer, so watch this space for further information.

Start getting creative!!

## Careers News

Year 12 UAC guides have arrived for all intending to apply for university in NSW. Applications are now open however there is still plenty of time as applications don't close until September.

### Upcoming Dates to note:

☺	Year 12	Tuesday 9th April	CSU Port Macquarie Explorer Day
☺	Year 12	Friday 10th May	UNE Open Day Excursion
☺	Year 10	Thursday 23rd May	Careers Expo Coffs Harbour
☺	Years 9-12	Thursday 6th June	Aboriginal Health Careers Expo, Macksville

**Frieda Gorman**  
Careers Advisor

# Ex Student Career Spotlight

**Name:** Rhiannon Mitchell

**Year left BHS:** Year 12 2010

**Current Job:** Business owner of New Moon Health and Wellbeing

**Main subjects studied in Year 12:** Business and Aboriginal Studies

**Inspirations:** What inspires me is the dream to make my business successful and to make a difference in people's lives.

I am also an avid scuba diver and it is my goal to study marine science and inspire people not only as a conservationist but as a first nation person to protect our oceans.

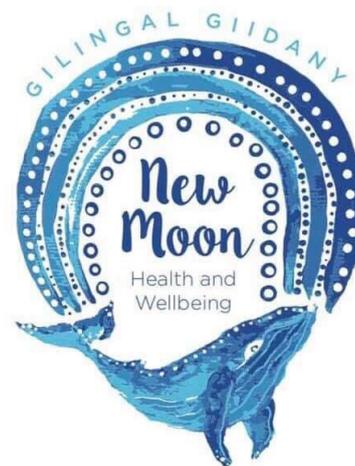
As a scuba diver my favourite marine life to dive with is whales and sharks and my spirit human is Gramma Tala from Moana. She is amazing! Next week I will be diving in Byron Bay and hope to be seeing the beautiful, elusive manta rays.

**Challenges:** High school was really challenging for me. I am now 26 years old and it has taken a long time to heal from my past, but I use what I have gone through to help others and to inspire myself to do better.

**Career pathway since leaving school:** At the start of this year I started my own business - New Moon Health and Wellbeing. My business is to support young Aboriginal women with the delivery of activities and workshops, focusing on their wellbeing, health and cultural needs. The reason I started this business is because of my struggles as a young Aboriginal woman and all that I had to go through. I have now been able to create a nice life for myself with a good education, employment, health and culture. I want to share what I have learnt over the years and inspire our young women so they feel strong in culture and have hope for the future.

I am currently working in two local high schools delivering workshops for female Indigenous students in Years 9 & 10. I recently spoke at two International women's day events -Women of the World and Bellingen International Women's Day which I feel honoured to have been asked to be a guest speaker.

Prior to starting my business I have worked in employment services and Aboriginal health. I have completed studies in Community Services and Business and most recently a Diploma of Leadership and Management and a Graduate Diploma of Indigenous Health Promotion at the University of Sydney.



**Advice to current students:** Being a teenager can be hard but life gets so much better. People can be cruel but don't believe them. You are more than enough and you are going to do great things.

**Rules for success:** Find what your passion is, be kind to others and always do your best.

**Rules for happiness:** Remember to laugh, have fun and dream big.

Adventure is out there!!

And finally..... I want to do a shout out to Jenni Farrands for being a big support in my life and helping me complete Year 12. I couldn't have done it without her.

*Note: Check out Rhiannon's business Facebook page New Moon Health and Wellbeing as well as Instagram (newmoon\_2019) to share informative and inspirational information.*

**Year 7 & Year 11 - Parent/Teacher Interviews**  
**Monday April 8, 4.00-6.30pm**  
**Bellingen High School - Stockton Hall (MPC)**

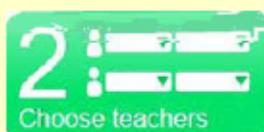
**Booking is as easy as 1, 2, 3 .....**

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

Click on **MAKE A BOOKING** – Enter Event Code **zh867** and press 'GO'



**Complete information on screen**



**Select the teacher/s you wish to see**



**Select the appointment times that suit or are available to you**

When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately – check your junk mail folder **AND** make sure you have spelt your email address correctly.

You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) to change your interviews, via a link in the email that was sent to you, when you made your bookings – this option is only available until the bookings close at **6am Monday April 8**.

If you have no internet access please phone 66551 315, or send a note to the Bellingen High School Front Office and the staff will help make your bookings,

**Interviews are strictly 5 minutes and spaces are limited.**

## ***Down at the Ag Plot*** **Future Plumbers of Bellinggen**

Year 12 Primary Industries have been busy completing the "Monitor Water Supplies" unit. They are challenged to simple plumbing repair jobs. Their task was to connect many pieces of poly pipe together and fill a trough with water. To pass there wasn't allowed to be any leaks. After a lot of thought, and trials, a watertight job was completed.

Well done, Year 12!



## **Tractor Looks Like New**

The Year 12 Primary Industries students gave the tractor a thorough clean this week. They are studying units of work in which they must demonstrate competency in operating tractors and machinery. A third unit of study concentrates on bio-security, hence the tractor washing.

They are learning that machinery must be washed after leaving each paddock, ensuring weed seeds are not spread into other paddocks. It was a hot day.



## **Bellinggen High Paddock Competition**

Each class, or group of Agriculture students are involved in the paddock competition, which involves how much dry matter is produced per hectare. They take grass samples, put it into the oven, and calculate the total kilograms of dry matter produced per hectare in their paddock. The students are also tasked with controlling pig weed, thistles, fire weed and dock.

We try not to use chemicals, however, if the weed burden is too high the students may request help to control the weeds. The aim of this project is to have the students place a money value on the grass that the cows eat.

Grass isn't just grass, grass is money.



## The Sydney Royal Easter Show

Next week sees the start of the Sydney Royal Easter Show. Bellingen High will be represented by Chelsea Nolan, competing in the Dairy Parading and Judging Competitions. Good Luck, Chelsea.

Jessica Sanders, who now attends school in Sydney, will compete in the Meat Sheep, Grain, and Fruit and Vegetable Competitions. Good Luck, Jessica.

Our show poultry, the Silver Pencil Wyandottes, will travel to the show. They are being prepared by Year 9 Agriculture students. Also entered are the Meat Chickens, and the laying trio.

Bellingen High also enters the egg competitions. Agriculture students this week are spending a lot of time classing eggs. No-one realised just how difficult this was to do.

Here's hoping for some Major Prizes



## The Autumn Show Season is here

The Bellingen High School Show Team is busy getting ready for the upcoming shows. Students have put a lot of time preparing the cattle, and will do so during the holidays.

The first local show is at Wauchope, just before we come back for Term 2.

For our students to be able to stay overnight at a show, a female volunteer is needed for legal requirements. Shows are great to attend (if you like camping, or have a comfortable car).

Please contact Mr Boyd if you would like to help out at the show. **Let the Show Season Begin!**



***Stephen Boyd***  
***Agriculture and Primary Industries Teacher***

# Electronic Devices at Bellinghen High School

From the first day of Term 2 2019, Bellinghen High School is introducing an updated policy dealing with student use of electronic devices whilst at school or attending school events. This policy has been developed through consultation with all staff, the P&C and the student leadership group and has been established to reduce the incidence of students misusing devices and to promote student wellbeing and learning.

The key components of the new policy are:

- Electronic Devices refers to **mobile phones, smart watches, tablets, gaming devices** etc and includes the wearing of ear buds, headphones in class.
- The electronic device is the student's responsibility. Bellinghen High School will not accept any responsibility for the security, loss or damage of the device while in the student's possession.
- During class time electronic devices are to be turned **OFF AND AWAY** in the student's bag.
- Students are not allowed to use electronic devices without the direct permission of a teacher whilst in any place where directed learning or educational activity is occurring. This includes: all general classrooms, specialist classrooms, the school library, the agriculture plot, sport and PE classes, sporting venues away from school, industry visits, assemblies, other meetings, guest speaker /presenters, swimming/sport carnivals, camp activities and excursions. No pressure is to be placed upon staff to agree.
- Students should not use the device to record images, video or sound (unless under explicit teacher instructions).
- Students should not use the device for accessing, downloading or sending inappropriate, offensive or prohibited material.
- Students should not use the device to contact a parent/caregiver during class time. Emergency contact should only be made through the administration office and to the School Administration Office.
- All devices are to be off and away **BEFORE** entry into the room. If a device is seen on, in use or out of a bag, it will immediately be confiscated. There will be no reminders, warnings, explanations of rules and policies, or chances.
- If a student is misusing an electronic device whilst on school grounds it will be confiscated and placed in the safe in the front office with the student's name on it. The device can be collected from a Deputy Principal or the Principal or their delegate at the end of the day.

Consequences for a breach of this policy are clearly defined and are as follows:

- Confiscation of device for collection at the end of the day, or time of leaving school, from Deputy Principal or the Principal or their delegate.
- Confiscation of a device until such time as a parent/caregiver is able to attend the school to collect the device.
- In the case of bullying, harassment or threatening behaviour, school-based management (meetings, detentions, reflection, suspension) as well as outside agencies such as the police may be involved.
- Once suspension has been reached, the student will be required to surrender their phone daily to the Principal, Deputy Principal or delegate for the remainder of term. This will be a condition of re-entry from suspension.

Student consequences per term

- First Breach – device confiscated and pick up at end of day.
- Second Breach – device confiscated, interview with Deputy. Parents contacted
- Third Breach – device confiscated, parent to pick up device, and pre-suspension letter and/or Reflection
- Fourth Breach - Suspension for continued disobedience

There is a significant amount of research currently being undertaken into the negative impacts of electronic device misuse. A single Year 12 class (18 students) at Bellingen High School recorded a total of 69 notifications over a 20 minute period – and this was on a day that Facebook and Instagram were down! That amount of disruption is not conducive to an effective learning environment and indicates the necessity for a more robust policy to deal with these issues.

Parental support from home would be greatly appreciated. Do your children really need to have an electronic device at school? Are your children 'studying' whilst continually being interrupted by notifications? Is their sleep being disrupted because their phone is in their bedroom overnight? Current advice from experts in this area is that devices should be removed from children's bedrooms overnight and that usage should cease two to three hours before sleep to ensure the best nights sleep. Try a "Phone-free Friday"!

A full copy of the school's electronic device policy is available on the school website.

*Simon Borgert  
Head Teacher Wellbeing*

## **Stewart House**



Each year 1,800 public school children in need come to Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle. All other costs associated with the children's stay are met from charitable donations.

Stewart House needs your support to ensure they can continue to provide important services to children. Donation envelopes will be handed to students next Tuesday 9<sup>th</sup> April during year meetings and will need to be returned to the Front Office no later than 10<sup>th</sup> May.

**Bellingen High School**

**P&C Meeting**

**Monday 8 April 2019**

**6pm Staff Common Room**

***All Welcome!***

*Note: Minutes of P&C Meetings are accessible via the Bellingen High School website*

# Sport News

## Undefeated Champions

Bellingen High School 19 years girls Futsal team was invited to attend the Hastings Regional Futsal Titles held in Port Macquarie last week. Here they played the best Futsal teams from the Taree and Port Macquarie areas including public and private schools. There is a very strong Futsal competition running in this area boasting successful competitions running every week night and regular academy training.

So the competition was well drilled and well skilled, but this did not stop the Bello girls who displayed superior teamwork every step of the way. They went through their 5 preliminary games undefeated scoring 29 goals for and only 3 against. This put them in to the semi-final against Hastings Westport Campus, which they won comfortably 5-2. The final saw them up against St Columba Anglican School who they only defeated 1-0 in the preliminary rounds. This time with all the practice from the 6 previous games the girls put it all together to dominate 5-0 in the final. Undisputed Champions!!! With the biggest cup ever!!



**Champion team**

**Back Row - Liz Hoy,  
Jessica Bailey, Shellby  
Osland, Tallara Doye,  
Sophie Boyd, Sophie  
Russell**

**Front Row - Lauren  
Rigney, Emily Ruming,  
Willow Neal, Ashley  
Sticker**



**Sophie Russell in attack with Emily Ruming in support**

## ***Four girls to represent North Coast at the State championships***

The North Coast Football Trials were held in very hot conditions in Murwillumbah on Monday, 25<sup>th</sup> March. The 4 zones in the North Coast representing the 32 High Schools and 6 Central Schools compete in trials to select the best players on the North Coast to compete at the State Championships in Sydney in June. Bellingen High had five players in the Mid North Coast team and 4 of those five players were selected in the first 11 for the North Coast team. This is really an amazing achievement and highlights the quality of Girls Football in the Bellingen area. A big congratulations to the girls!



***Liz Hoy/Jon Winfer  
Sports Organisers***

***Ashley Sticker, Emily Ruming,  
Sophie Boyd and Willow Neal***

## ***Student Bag Storage***

A number of students are currently storing their overnight bags, sport training bags etc. in the Front Office. Unfortunately due to storage logistics, at the beginning of Term 2 this will no longer be possible. A high volume of bags are now being dropped in for safe keeping - sometimes up to 30 bags. These bags are to be picked up by the end of the day, most are but we do have a number that sit until the end of term which then goes into our lost property pool.

To alleviate the problem of bag storage the school has available a number of lockers for hire at \$50 per year. This hire fee is \$10 per term, with \$10 refundable upon return of the key. Applications forms are available from the Front Office and when completed can be returned to the office with the \$50 and a key will be issued to the student.



## Social Media - Top Tips for Parents

- Talk to children about online privacy issues, making sure they know to never to identify personal information such as their full name, address, age, school and don't ever post photos in school uniform.
- Teach your children to respect people's privacy and don't share anyone else's personal information online without permission.
- Don't tag photos of your children at their school if your accounts are not set to completely private. This is a child safety issue as anyone driving past can search the school on Instagram and see all of the photos that have been tagged at the school, often by parents who have not set their account to private on Instagram. If your account is not completely private, anyone can see your photos of your child, their name, the name of the cat, where you go on holiday, what your family does on weekends, when birthdays were and other information about your family and your life. Therefore a complete stranger could make up a story that could be very convincing to your child by using the information you have shared in a public forum of more than 500million users.
- If you are going to post anything with a significant fact, check it first.
- Teach your children to understand the importance of passwords, keeping them private and changing regularly.
- Learn how to recognise a scam. If it is too good to be true, it probably is.
- Make sure the apps you allow your kids to use are age appropriate.
- Don't be patronising or insulting to anyone. This kind of behaviour validates bad behaviour in children as they often see it if you are connected to young people on social media.
- Ban devices from the bedroom from as young as possible. Set boundaries around use.
- Share pictures and videos only with consent. And respect the privacy of others.
- Keep your love-life and arguments off social media.
- Stay positive. If you see something you disagree with – don't engage.

- Consider the fact that children in the background of photos or videos you take at your child's school may be on "no publish" lists. Some children are in protective custody or witness protection and an innocent photo posted on social media could be disastrous.
- Teach young people not to say, or repeat anything that they wouldn't say if the person were standing right in front of them.
- Recognise that other people's opinions may be different to their own and that does not give them permission to attack those opinions online.
- Remember that even an emoji can be taken out of context by someone reading it.
- Use your head and your heart and don't let emotion be the only thing driving you to post.
- Make sure you respect classification on games, they are there for a reason.
- Make sure the young people in your care know that under no circumstances they should go and meet up with anyone they meet online. Stranger Danger rules apply because they are now literally on digital steroids and 24x7.

w: [safeonsocial.com](http://safeonsocial.com)  
 e: [wecanhelp@safeonsocial.com](mailto:wecanhelp@safeonsocial.com)

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## ***Scoliosis in Schoolgirls – National Self Detection Program for Scoliosis 2019***

Scoliosis is a condition in which the spine curves from side to side. A person with scoliosis may have a back that curves from side to side like an "S" or a "C." Conditions like cerebral palsy or muscular dystrophy can cause scoliosis, but most of the time there is no clear cause.

Scoliosis can develop gradually. It often isn't diagnosed until a child is 10 to 14 years old, the ages when most kids are having growth spurts. It is recommended that all girls in Years 5 and 7 participate in the National Self Detection Program by downloading the Self Detection Fact Sheet which can be accessed directly from the Scoliosis Australia home page at [www.scoliosis-australia.org](http://www.scoliosis-australia.org). This provides information on how to self-assess.

Scoliosis is an important health problem for adolescent girls. Twenty five girls per thousand are at risk of developing a significant curve and three girls per thousand require active treatment (spinal brace or surgery). In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure.

# Schoolkids, Finland and the problem with screen time

By Tony Moore

Too many hours on digital devices can frustrate the development of students' emotional stability, a leading education specialist recently told a principals' conference in Brisbane.

The comments came as Bond University statistics showed the average Australian spending more than 88 minutes each day playing online video games.

Finnish educator Professor Pasi Sahlberg was the main speaker at the 2019 Principals' Conference in Brisbane.

The former director-general of Finland's education system, generally regarded as a leading light in education, believes mobile phones [should be banned from primary schools](#) and closely [monitored at secondary schools](#).

He said the number of hours of digital media use in schools was linked to student development of their "self control and emotional stability".

He said a recent 2019 Canadian study was very important for principals to note.

"For the first time, the authors say, they are able to show the high use of media in very young children is causing some concern," Professor Sahlberg said.

"This is very, very important because now we are beginning to see how this thing is playing out."

In Finland, children do [not begin formal education until the age of seven](#) and are encouraged to learn through play.

Professor Sahlberg said play encouraged students' imagination, creativity and subsequently their education.

He referred to the [2018 Active Healthy Kids report](#), which showed poor grades for screen time outside school hours.

Academics supporting the report recommend a maximum of two hours' screen time each day for recreation but parent and student surveys showed less than half of primary school children and only 15 per cent of high schoolers were under the threshold.

"If Australia was a student and this was its report card, you wouldn't be very happy about it," he said.

Australians over 14 used social media for an average of an hour each day but women aged 18 to 24 use it for two hours each day, according to Roy Morgan research.

The average Australian – in addition- also spends 88 minutes per day playing video games, according to [Bond University's Digital Australia Report](#).

Meanwhile, Australian Secondary Principals Association president Andrew Pierpont said removing politics from education decision-making was the best thing to help stressed school principals.

## Talking points:

- An education expert warns too much time on digital devices can impact a student's emotional stability, new research is showing.
- The federal president of the Australian Secondary Principals Association says principals want education policy to be bi-partisan within 10 years.
- Once in three Australian principals was physically assaulted in 2018 by a parent or a student.

“Principals tell me we need a model of education that is bipartisan,” Mr Pierpoint said.

Mr Pierpoint said principals were frustrated at having to deal with different sets of federal and state education policies over a 10-year time frame.

“Governments come and go, they might be on either side of the house, but the education policy should stay the same,” he said.

Mr Pierpoint said this bipartisan education model was in place in Finland.

“We think it is a good idea because principals in high schools work three to five years ahead of the game,” he said.

“They are trying to predict what is going to happen. That 10-year period would give principals surety around curriculum, or curriculum change.”

Mr Pierpoint conceded that moving to a bipartisan education model was “unlikely”, but said principals were tiring of the political interpretation of education issues.

“For example we don’t see the Australian Dental Association taking advice from politicians on how to remove teeth or do fillings,” he said.

“But everybody is pretty keen to tell principals how to run their schools and very, very few of those people have ever run a school themselves.”

A survey of [5000 principals showed 36 per cent of Queensland principals were physically assaulted during 2108](#).

Mr Pierpoint said violence was rising in the community generally.

“It is a community-grounded matter and it has a community-grounded solution,” he said.

“It is not a school issue.”

The former principal said the sleeper issue was the increasing workload faced by school principals.

“The survey this year shows 54 per cent of principals work more than 56 hours each week,” he said.

“More than 40 per cent of principals work more than 25 hours when they are on holidays.

“That is unsustainable. People will fall over. School leadership will suffer and student outcomes will fall as well.”

### Did you know?

- ☺ Airplane food isn't very tasty because our sense of smell and taste decreases by 20 to 50% during flights.
- ☺ On average, dogs have better eyesight than humans, although not as colourful.
- ☺ The average human has 1 to 4 kilograms of bacteria in his/her body.
- ☺ Starfish can regrow their arms. In fact, a single arm can regenerate a whole body.
- ☺ The average four year old asks over four hundred questions a day.
- ☺ You replace every particle in your body every seven years. You are literally not the same person you were 7 years ago.
- ☺ The porpoise is second to man as the most intelligent animal on the planet.
- ☺ Sweden is so efficient, only 1% of its garbage ends up in a landfill.
- ☺ Humans are the only animals that blush.

## YEARS 11 & 12 ASSESSMENTS - TERM 1

### YEAR 11

<b>Monday 8 April</b>	<i>Music</i>
	<i>Mathematics Standard</i>
	<i>Mathematics Advanced</i>
	<i>Business Studies</i>
<b>Tuesday 9 April</b>	<i>Drama</i>
<b>Friday 12 April</b>	<i>Primary Industries</i>

### YEAR 12

<b>Tuesday 9 April</b>	<i>English Studies</i>
	<i>Visual Arts</i>
<b>Wednesday 10 April</b>	<i>Drama</i>
	<i>Mathematics Extension 2</i>
<b>Thursday 11 April</b>	<i>English Standard</i>
<b>Friday 12 April</b>	<i>Primary Industries</i>
	<i>Mathematics Extension 1</i>

# WANTED



Born in 2006 or 2007?  
The Bello Boys Under 13 soccer team urgently need more players. Soccer is the most popular sport in the world and you get the chance to join in!

You can register at  
[www.playfootball.com.au/register](http://www.playfootball.com.au/register)

The \$100 active kids vouchers can be used towards registration costs.

For more information or assistance with signing up please contact under 13s Team Manager Kev Doye at [kevin@reidscreek.net.au](mailto:kevin@reidscreek.net.au) or phone 5615 8086 (w) or 6655 0690 (h).

# LOWES

UP TO **50% OFF**  
**SCHOOL SHOES**

AT SELECTED STORES & ONLINE



[WWW.LOWES.COM.AU](http://WWW.LOWES.COM.AU)

\*T&Cs apply. While stocks last. Cannot be used with any other offer.

# FAMILY FUN DAY

Free  
Sasuage sizzle  
Reduced Lollies,  
icecreams and  
drinks

Thursday  
18<sup>th</sup> April 2019  
11am-3pm  
Free Entry

@ Bellingen & Dorrigo YMCA Swim  
Centres



Looking for something fun to do in the School Holidays?

Come to the 725  
Squadron Navy  
Freedom of Entry  
FREE Community  
Event!



Bring the family for a fun filled morning full of entertainment and activities!

A helicopter training squadron adopted by Coffs Harbour will be exercising their rights to the city in a spectacular parade and a community event will commence out the front of the **Jetty Strip on Wednesday 24<sup>th</sup> April 2019 from 10.30am, with the parade officially kicking off at 11am.**

The Freedom of Entry is embodied in a ceremonial scroll that allows the bearer: 'To enter the township of Coffs Harbour with weapons drawn flags flying and drums playing'.

The March will conclude at the newly refurbished Jetty Foreshores market area where Council will be hosting a Community event along with a FREE Community BBQ, a variety of Navy activation activities, Navy Aircraft flyovers, jumping castles, face painting and a special RAN Band demonstration at the conclusion of the parade. **The event will conclude at 1pm.**

Jetty Theatre Touring presents  
**360 ALLSTARS** at Sportz Central

Come along and see the phenomenal physical performance exploring all forms of rotation. Boasting a stellar cast, including world champion athletes, world class dancers and world renowned musicians, the production connects the street with the elite to deliver radical urban circus.

**360 ALLSTARS** is circus reinvented replacing acrobats with breakdancers, substituting jugglers with basketball freestylers and swapping unicyclers for BMX flatlanders. Throw in a Roue Cyr artist and stunning live soundtrack and you have all the elements on an exhilarating experience.

Tickets for this performance are **Adults \$35, U21 \$25** and are available online at

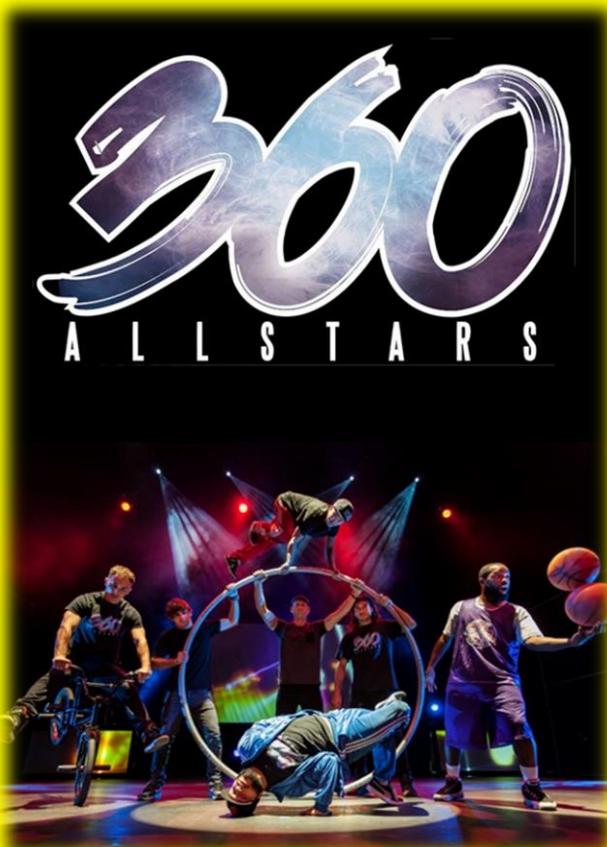
[www.jettytheatre.com](http://www.jettytheatre.com)

OR during Box Office hours (Tuesday to Friday 12-4pm at the Jetty Theatre 66484930.

**Don't miss this great opportunity!!**

For a sneak peek of this performance please see the link below.

<http://www.onyx-productions.com/360allstars/>



# BELLO YOUTH WEEK

**PARK PARTY! FREE BBQ!**  
SATURDAY 13TH APRIL 11AM - 2PM

OPEN MIC + CIRCUS GAMES +  
POLAROID PHOTO BOOTH + COSTUMES  
+ SKATE + SKOOT COMPS WITH  
PRIZES + FACEPAINTING + CHILL  
TENT + WEIRD OBSTACLE  
CHALLENGE + FREE BBQ + DJ FOR  
ZBBB AT THE RADIO VAN + CLIMATE  
ACTION KIDS + HEAPS MORE!

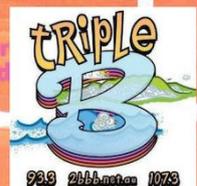
AT THE BELLO SKATE PARK

FREE BUS FROM DORRIGO AND URUNGA. PH 66550381



BELLO  
YOUTH HUB

MISSION  
AUSTRALIA | together  
we stand



# COMMUNITY EDUCATION FORUM



**Tuesday 9 April 2019**

**4.30pm for a 5.00pm start**

**Bellingen Golf Club**

Waterfall Way  
Bellingen

Years of campaigning for fairness in schools funding is reaching a climax! The educational opportunities of a generation of Public Schools will be determined this Federal election and it is critical we ensure that the importance of needs-based funding is understood by the wider community.



**Light refreshments  
will be available!**

*Come along and enjoy*  
**A NIGHT OF JAZZ**

*featuring the fantastic Morrison Brothers –  
James and John, Award winning vocalist  
Jacki Cooper and our own Bellinghen High  
School Jazz Band*



*Saturday 6 April 2019 7pm Bellinghen High - Stockton Hall*

*Tickets: \$40 Adult \$25 Concession*

*Bookings Essential – Limited Tickets*

*Contact the school on 66551315 for ticket purchases and info.*

## DATES TO REMEMBER

APRIL		JULY	
6	Jazz with the Morrisons	1-5	State Music Camp
<b>8</b>	<b>P&amp;C Meeting</b>	2-4	Quirindi High School Visit
8	Years 7 & 11 Parent/Teacher Evening	2-4	CHS Gymnastics
8-10	CHS Swimming	2	MNC Basketball Gala Day(15's)
8-12	Year 12 VET Work Placement	4	Newcastle University Open Day
9	ANZAC Day Assembly	5	End Term 2
9	Science and Engineering Challenge	7-14	NAIDOC Week
9	Year 12 CSU Excursion	22	Staff Development Day
10	Year 7 Indonesian Night	23	<b>Students return - Term 3 starts</b>
11	MNC Touch Gala Day (Opens)	24	NC Tennis
12	End Term 1	26	All Schools Cross Country
29	Staff Development Day	31	Years 11/12 Post Schools Options Expo
<b>30</b>	<b>Students return - Term 2 starts</b>	<b>AUGUST</b>	
MAY		8	NC Athletics
1	Cross Country	12	<b>P&amp;C Meeting</b>
6-7	NRL Greater Northern (15's/Opens)	13-16	Futsal
7	Years 7 & 8 Da Vinci Decathlon	19-23	Year 11 HSIE Excursion
10	UNE Open Day	21	Australian Maths Competition
13	<b>P&amp;C Meeting</b>	23-25	ADFA Open Days
13	MNC Squash	28	Years 9 & 10 Da Vinci Decathlon
14-16	NAPLAN	29	Year 7 Vaccinations
17	Year 8 Maths Day	<b>SEPTEMBER</b>	
17-18	Coffs Harbour Show	4-6	CHS Athletics
20	NC Golf	9	<b>P&amp;C Meeting</b>
20	NC Touch (Opens)	25	NC Cricket (Opens)(Boys)
22-23	Coffs Coast Futsal	27	End Term 3
23	Year 10 HSIE 1&2 Coastal Excursion	<b>OCTOBER</b>	
24	CLAPPERS	14	<b>Students return - Term 4 starts</b>
24	MNC Cross Country	15	MNC Futsal
25-26	Bellingen Show	17	HSC Commences
29	Athletics Carnival – pm	29	MNC Beach Volleyball
30	Athletics Carnival	31	NC Futsal Finals
29	Aboriginal Health Expo	<b>NOVEMBER</b>	
30	NC Gymnastics	1	MNC Netball Gala Day (15's)
JUNE		7-10	Australian Futsal
3	CHS AFL (Girls)	11	<b>P&amp;C Meeting</b>
4-6	CHS Football (Girls)	12	HSC Ends
6	Year 10 Vaccinations	13	NC Surf Lifesaving
6-7	Bellingen Writers Festival	17	HSC Results
10	Queens Birthday Holiday	19	NC Beach Volleyball (15's/Opens)
14	MNC Athletics	22-23	Dorrigo Show
17	<b>P&amp;C Meeting</b>	25-10/12	Year 10 Work Placement
17	Business Studies Market Stall	28-29	Year 11 Queensland Uni Excursion
18	Year 12 CSU Open Day		
21	NC Cross Country		