

18 December 2020

Bellingen High School NEWSLETTER

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From the Principal

Hooray – we made it to the end of a rather difficult (and as we are consistently told, unprecedented) 2020! Massive thanks to our parents and community partners for their continued support of the school, our students and the continued education of the youth of our town. The saying “it takes a village to raise a child” epitomises the way Bellingen provides wrap around support for the youth of our area in a range of fields and endeavours and we know this supports us in our work with children and young people – so THANK YOU!



The end of any year brings with it reflection and a time to pause and consider what was achieved and what areas and measures of improvement will be evident in the following year. We have asked students to do this as they reflect on their reports for the year and consider their goals for 2021 – which will be formalised early in 2021. Presentation Day was – again – a different event – held in year groups last Friday. Thanks to Sissiel Keough, Frieda Gorman and Julie Taylor for their efforts in organising the event and to David Neville and his team for sound and lighting as well as Annie, Pru and Steve for their work with the variety of musical items – which were outstanding! Student uniform in the junior years was fantastic – and we hope that this continues in 2021 as a common daily theme. Students were very pleased to receive their reports and many were very chuffed at receiving well deserved awards. Many community groups contribute to our Presentation Day Awards and we are always grateful for and proud of their continued support of our students:

- Australian Defence Force
- Affirmations Australia
- Awl Leather Pty Ltd
- Bellingen Compounding Pharmacy
- Bellingen High School P&C
- Bellingen Lions Club
- Bellingen Neighbourhood Centre
- Bellingen Park Tennis Club
- Bellingen Red Cross
- Bellingen Shire Council
- Bellinger River RSL Sub-Branch
- Bryant & McKinnon Lawyers
- CEx Urunga Golf & Sports Club
- Carty & Cox Solicitors & Conveyancers
- Clayton & Foster Accountants
- Club Urunga
- Coastal Wardrobes & Kitchens
- Coffs Coast Freemasons Assoc. & Lodge The Raleigh
- Coffs Coast Legacy
- CWA Bellingen Branch / CWA Raleigh Repton Branch / CWA Urunga Branch
- Heather Connell
- Holding Family
- Mid Coast Printing
- Nathan Cardow Real Estate
- North Bellingen Medical Centre
- Reynolds & Reynolds Legal Services
- RJ's Menz & Boyz Wear
- Rotary Club of Bellingen
- Zonta Club



At the end of 2020, we sadly say good bye to a few staff: Ms Hook and Mr Norris in Science are leaving us for a year of rest, relaxation, self-care and travel; Ms Gresty will seek work in other schools in the area – and we hope to see her around the school as a casual teacher from time to time. A few new additions in 2021 will include: Ms Rachelle Daniel and Ms Kim Harvison in English; Mr Leon Petrohelos in Maths – to replace Ms Wilson when she takes maternity leave; Mr Antoine Durandet to replace Ms Grant when she takes maternity leave and Mr Tom Gonski in HSIE. We also welcome Ms Nicci Riley and Ms Jade Pinder in Learning and Support as well as Ms Jodi Kelsall as a relief SLSO.

HSC results were released on Friday morning at 6 am and we celebrated with students at a breakfast at 9am outside the Staff Common Room – we shared their stories and their dreams about where to next. Thanks to Ms Hill for organising this.

So, school is over for another year – thank you again. On behalf of Tim and myself – a remarkable year of new ways of learning; of opening and maintaining google classrooms; of sanitising and cleaning regimes aplenty; of sharper and more focused assessment and of recognising the importance of gathering and belonging to our close knit learning community: we thank the teaching and support / SASS staff at the school – who work tirelessly for every student enrolled here. Their hard work, dedication and professionalism is acknowledged, valued and appreciated. Enjoy the holiday season – have fun and share good times with each other and with family.

Until 2021: ho, ho, ho!!!

Yours in Education:

Kim Dixon

Kim Dixon



Orientation Day for Year 7 2021





Canteen News

Place your canteen lunch orders online with **Cashless**

We are excited to announce the introduction of a new online lunch ordering system starting 20 January 2021 called **Cashless**.

Cashless will make lunch orders more convenient for both families and the canteen.

Steps to get started:

1. Go to www.cashless.school to register and download the app.
2. Add a profile for each of your children, making sure you select SCHOOLNAME and your child's class.
3. Start placing lunch orders! You can place orders up to two weeks in advance. Our Canteen menu is attached.

If you have any questions, please contact **Cashless** via their website.

Cashless is backed by Spriggy.com.au, a digital pocket money app designed to help parents improve the financial literacy skills of their children.

Vickie Smart
Canteen Supervisor

Year 12 Geography Excursion

As part of their study of People and Economic Activity, Year 12 Geography students undertook a Local Enterprise case study of a coffee plantation at 'Zentveld's Coffee' in the Byron Shire. The students were engaged in primary research, as well as observing a fully operational commercial coffee plantation, including coffee drying, roasting and packaging. The students were extremely interested in the examples of ecological sustainable management.



Zentveld's reduce their inputs and carbon footprint wherever they can. They grow all their coffee trees organically, primarily focusing on soil health and have completed creek line rainforest regeneration and wildlife corridors for biodiversity. It was a pleasure taking the Year 12 Geography class away after a year of Covid restrictions!





*Amber Hill
HSIE Faculty - Geography Teacher*

Bellingen High Uniform

*by Lydia Chesterman
Year 10 Student*

Bellingen High School will have a hemp uniform option in 2021. There will be a choice to purchase hemp or polyester uniforms. I strongly urge people to embrace the new hemp uniforms.

What's wrong with Polyester?

Polyester is a synthetic petroleum-based fibre, made from a carbon intensive non-renewable resource. More than 7 billion barrels of oil are used to make polyester each year. Synthetic garments are said to be the biggest source of micro-plastic pollution in oceans, because up to 1900 fibres can be washed off one garment each time it goes through the washing machine - not to mention the harmful chemicals used in production, which cause significant environmental damage. Extremely toxic dyes needed for polyester cause workers who make the shirts in China to suffer from cancers and lung diseases, as well as people living in areas and downstream of manufacturing units. When worn, the chemicals can be rough on the skin and lead to rashes. The fabric does not allow your skin to breathe and is really not meant for constant human contact.

Why wear Hemp?

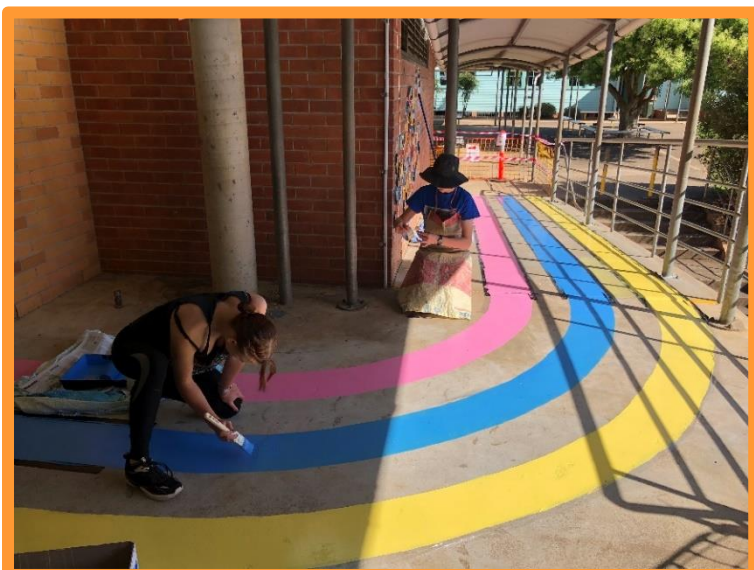
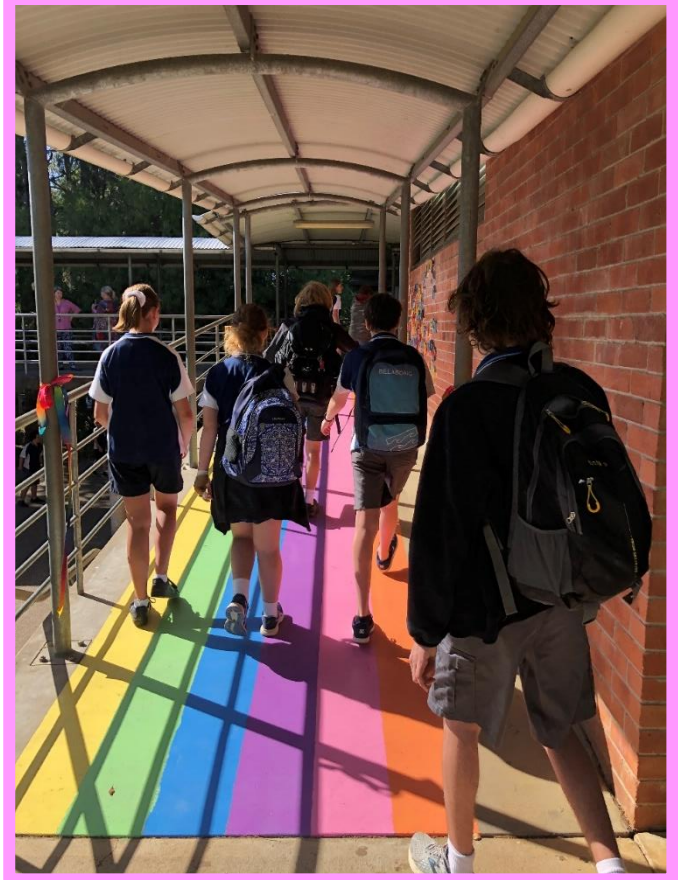
Hemp is an ethical, sustainable, environmentally friendly, strong and long-lasting fabric. It is one of the fastest growing plants on earth, it requires no pesticides or fertilizer. It takes $\frac{1}{4}$ of the amount of water to grow and process hemp as cotton does. Hemp renews soil by returning 60-70% of nutrients it takes from the soil, it also prevents erosion. Industrial hemp absorbs more carbon dioxide than trees. When worn, it keeps you warm in winter and cool in summer, protects from UV, resists bacterial growth and prevents odours, and allows your skin to breathe.

There will be a batch of hemp uniforms coming in for the New Year, if they are all sold, there will be more. Hopefully the school will eventually be polyester-free. For people buying uniforms, this is a simple choice you will make that could greatly affect the future of today's children - choose wisely.

Rainbow Crossing

Over the last few weeks students and staff have been volunteering their time to transform the entryway to the library into a colourful rainbow walkway. The process involved cleaning, marking out, taping, painting three layers, adding a non-slip coat, testing and still a bit of touching up to do over the holidays. It is a triumph of geometry, art, social sciences and a celebration of our diverse and creative community.

A massive thank you to Bunnings for donating the pavement paint and paint supplies, and to the students who gave up their time so willingly.



We hope everyone enjoys walking the



Haridian Ramirez
Librarian

Jade Tsang
Library Assistant

Year 9 Riverwatch Elective

New England Wilderness Walk 2020

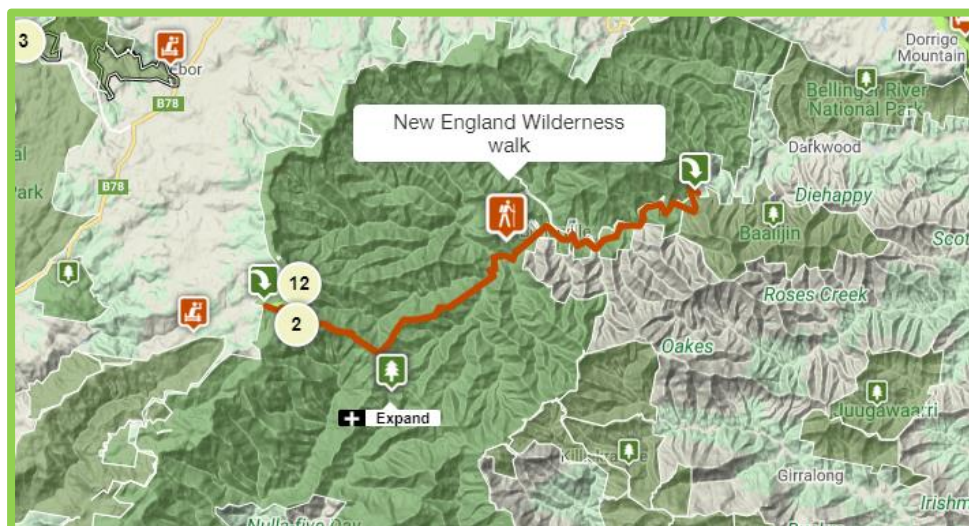
This elective provided students with the opportunity to develop their geographical knowledge and understanding of fresh water systems in the local area. Students used geographical inquiry methodologies to investigate spatial, ecological and civics and citizenship aspects of the Bellinger River and its tributaries.

To gain first-hand experience of the upper catchment we undertook a hike from Point Lookout in New England National Park to Cool Creek on Darkwood Road. This was a challenging, but rewarding trek, carrying all our own food and equipment for the three days. To get an early start for the biggest days' hike we drove to Point Lookout and camped on the Tuesday night.

Thank you to Peter Goode for the drop-off and pick-up, and to Jenni Farrands for coming up to supply a hearty meal on Tuesday evening and breakfast on the Wednesday morning (in addition to everything else Jen does).

It was a pleasure walking with the group and all those involved rose to the challenge.

Andy Core
HSIE Faculty



The following are some photos of the journey:

Day 1: Tuesday 1st December (*distance walked: 7.5km*)

The Watershed – the dividing line between the Clarence, Bellinger, Nambucca and Macleay River catchment areas.

Point Lookout



Eagles Nest Track



*Weeping Rock
Track*



Lyrebird Track



Wrights Lookout



Thungutti Camp Ground



Day 2: Wednesday 2nd December (*distance walked: 25km*)

Following the ridges and descending into the Bellinger Valley.



Robinsons Trail and Grasstree Ridge



Sunday Creek

Day 3: Thursday 3rd December

A day in the upper course of the Bellinger River.



Howard's



Water Testing



Foraging for food: Fresh water mussels



Map reading



Making fire



Reflective Journals



Using the Satellite Phone

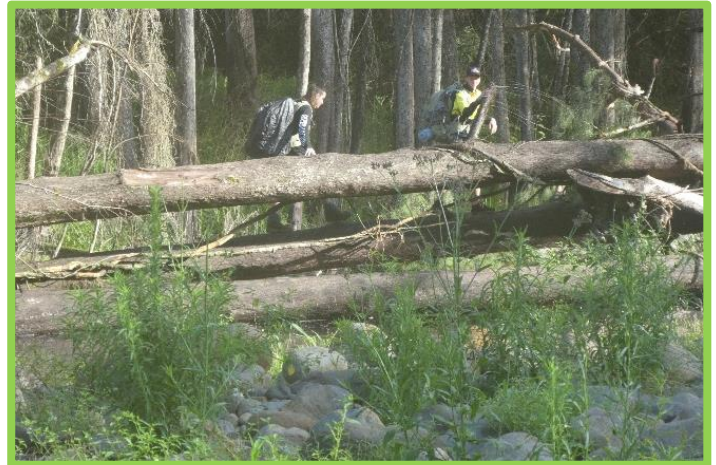


Playing cards

Talking politics

Day 4: Friday 4th December
(distance walked: 12 km)

Through Brinerville to Cool Creek
pickup point



A brief climb to get a view back to Point Lookout



The last river crossing



The pick-up point at Cool Creek

Agriculture and the School Farm

A Year in Review

Wow. What a year. Now is the time to look at the events of 2020, and the plans for 2021.

This year has been very busy. It was great to see so many keen students attend lunchtime Agriculture clubs and shows that were held at school. All the Agriculture classes worked well this year, and are keen to continue their studies next year.

The following are the highlights of 2020:

- many students working hard in class;
- the first every Royal Easter Show in Bellingen (34 students);
- 100 chickens successfully raised and sold into the community;
- three Red Poll calves born. Better known as Romeo, River and Rosa;
- 16 lambs born. Trained on leads by many hard-working students;
- school purchased 3 incubators. 173 Silver Pencil Wyandotte chickens born;
- successful orange and grapefruit harvest. Great juice produced and tasted;
- the first ever Bellingen High Calf Show (32 students);
- the Great Radish Challenge. Many size records broken. Well done;
- the first ever Bellingen Lamb Show. 16 lambs paraded by 35 students; and
- the Dorrigo Show held in Bellingen. Presented Cattle, Sheep and Poultry.





2021 Enterprises and Show Schedule

Term 1

- ❖ Ten poddy calves
- ❖ The Great Radish Challenge
- ❖ Sydney Royal, Macksville, Kempsey and Wauchope

Term 2

- ❖ Red Poll calves and arrival of the Square Meater herd.
- ❖ The Great Pea Challenge
- ❖ Incubators turned on. Hatch Silver Pencil Wyandottes
- ❖ Coffs Harbour and Bellingen Shows

Term 3

- ❖ Lambs are born
- ❖ Orange and Grape Fruit Harvest
- ❖ The Great Bean Challenge
- ❖ Year 7 Chicken Project. 100 Layer chickens
- ❖ Red Poll Cattle Camp

Term 4

- ❖ Train Lambs for showing
- ❖ Market poultry
- ❖ Train cattle for Dorrigo show.
- ❖ Taree, Lismore and Dorrigo Shows

2020 was a great year in Agriculture. Thank you for being part of a wonderful subject. Looking forward to 2021.

Stephen Boyd
Agriculture and Primary Industries – Science Faculty

Year 10 News

Thank you to everyone who purchased raffle tickets for our Year 10 Camp - the lucky winners were:

- ☺ \$150 EFTPOS vouchers donated by Bellingen Post Office - the Sutherland Family
- ☺ Bellingen Canoes, Family Canoeing Voucher - K Livingstone
- ☺ Bellingen High Canteen Voucher - J Ruming
- ☺ Outdoor Hammock and Blanket donated by Climbing Anchors Coffs Harbour, K Livingstone
- ☺ \$50 Bellingen Golf Club Voucher - Sutherland Family
- ☺ \$50 Kombu Voucher - Sutherland Family
- ☺ \$100 Norco Voucher - J Forest
- ☺ Bellingen Pharmacy Prize - Ruming Family
- ☺ \$40 IGA Voucher - Ruming Family
- ☺ \$50 Jasmine Walker Hair Voucher - I Power

Congratulations to all our winners and thank you for supporting our students. Photo shows Emily with some of the raffle prizes kindly donated.



Reminder for Parents – The Year 11 2021 new Camp dates are Tuesday 9th to Friday 12th March 2021. Final Camp payment due by Friday 12 February.

Frieda Gorman / Jon Winfer
Year Advisors

DATES TO REMEMBER			
JANUARY		JUNE	
27-28	Staff Development Days	23	Year 12 UNE Open Day
29	Years 7 / 11 / 12 start	JULY	
FEBRUARY		21	Years 11/12 Careers Expo
1	Years 8 / 9 / 10 start	AUGUST	
15	Year 12 University Roadshow	20-22	ADFA Open Day (Canberra)
MARCH		DECEMBER	
9-12	Year 10 Camp	2-3	Year 11 QLD Uni Excursion
MAY			
27	Year 10 Careers Expo		

Sport News

NSW All Schools Athletics

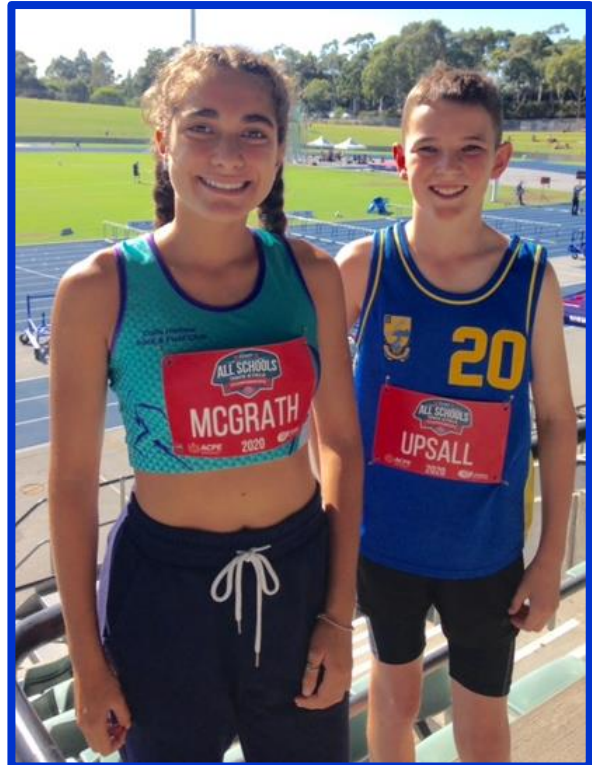
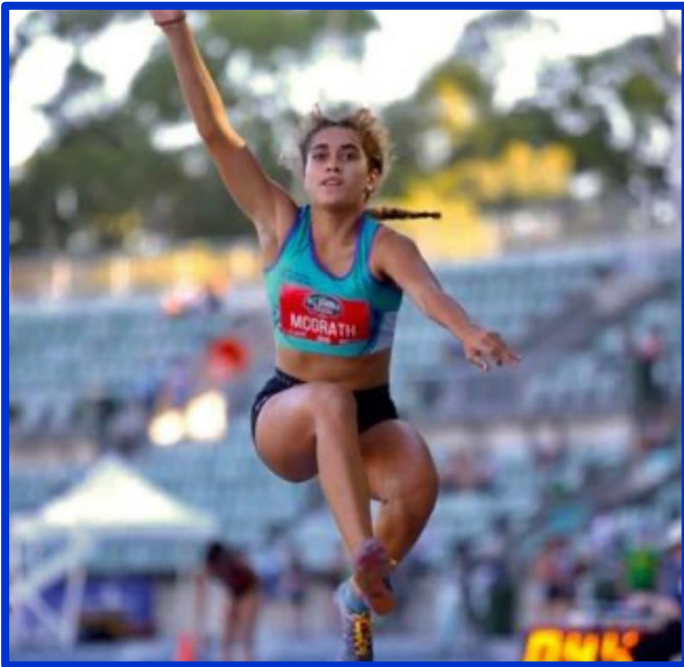
Congratulations to two amazing Year 8 athletes Josh Upsall and Lulu McGrath, who competed at the NSW All Schools Athletics which sees the best athletes from throughout NSW compete for top honours. Results were:

Lulu

4th Triple Jump 11.09m!!!
4th Long Jump 5m!!!
PB 200m
PB 90m Hurdles

Josh

8th 90m Hurdles
PB 200m Hurdles
PB Triple Jump



Josh and Lulu enjoying the Athletics at Homebush

*Liz Hoy / Jon Winfer
Sport Coordinators*

Stymie Focus

Be you, not them.



stymie.
#saysomething

Happy
Holidays!



#saysomething
stymie

BELLINGEN HIGH SCHOOL CANTEEN MENU 2021

ASSORTED SALADS

Salad of the Day	\$4.00
Garden Salad (options – Ham / Egg Cheese / Chicken / Tuna)	\$5.00
Fruit Salad	\$4.00

ASSORTED SANDWICHES / WRAPS

Ham & Salad	\$5.00
Egg & Lettuce	\$5.00
Chicken, Mayo & Lettuce	\$5.00
Cheese & Salad	\$5.00
Roast Beef & Salad	\$5.00
Tuna & Salad	\$5.00

SNACKS

Assorted Muffins – Blueberry / Apple Cinnamon / Raspberry / Coconut & Banana / Chocolate	\$2.00
Assorted Slices	\$1.50
Custard / Jelly Cups	\$2.00
Chocolate Mousse	\$1.00
Assorted Yoghurts	\$2.50
Fresh Fruit	\$1.00
Grainwaves - Sour Cream & Chives	\$1.00
Carrot, Celery & Capsicum Sticks with Dip of the Day	\$2.00
Chips - Sea Salt / Honey Soy	\$1.00

HOT SNACKS

Cheese & Bacon Scroll	\$3.00
Garlic Bread	\$1.50
Cheesy Garlic Bread	\$2.00

ICE CREAMS

Paddle Pop - Rainbow	\$1.50
Moosies - Chocolate / Blue Moon	\$0.80
Quelch Sticks	\$1.00
Bevo - Orange Ice Cup	\$1.00
Bevo - Apple Blackcurrant Ice Cup	\$1.00
Ice Mony - Lemon ice / Raspberry / Blue Raspberry / Chocolate / Grape / Watermelon / Strawberry	\$1.60

Food Facts:

- Bananas are berries, but strawberries aren't.
- You can't overcook mushrooms.
- A quarter of the world's hazelnuts are used for Nutella.
- In 1965 a corned beef sandwich was smuggled into space by Astronaut John Young.
- Expiration dates on bottled water have nothing to do with the water.
- Bad eggs will float.
- Mountain Dew contains orange juice.
- Food tastes different when you are flying.
- Human DNA is 60% the same as bananas.
- Tonic water glows in the dark.
- A typical ear of corn has an even number of rows.

HOT FOOD

Vegetarian Fried Rice	\$3.00
Fried rice	\$3.00
Cheese & Spinach Rolls	\$3.00
Home Made Pizza (Ham & Cheese / Ham & Pineapple / BBQ Chicken / Meatlovers)	\$4.00
Sausage Roll	\$2.50
Meat Pie	\$4.00
Meat Pie - Small	\$2.50
Vegetarian Pie	\$4.00
Noodle Cups Chicken / Oriental / Beef	\$2.00
Sweet Chilli Chicken Burger	\$5.00
Sweet Chilli Tenders	\$1.50
Vegetarian or Beef Burger <i>(Must be ordered)</i>	\$5.00
Potato Wedges (Sour Cream 50c extra)	\$3.00

SPECIALS OF THE DAY

Spaghetti Bolognaise / Lasagne / Mexican Wrap / Butter Chicken / Pasta Bake	\$4.00
Toasted Sandwiches (Ham / Cheese & Ham / Cheese / Cheese & Tomato) <i>(Must be ordered)</i>	\$2.00

BREAKFAST ITEMS

Toast - Cheese / Vegemite	\$1.00
Ham & Egg muffin	\$3.00
Hash Browns	\$0.50
Banana bread (2 slices)	\$3.00
Up and Go – Chocolate / Vanilla	\$2.50
Cereal Cups – Milo / Nutri Grain / Sultana Bran	\$1.50

DRINKS

Norco Fresh Milk	\$2.30
Norco Natural Milk – Honey Malt/ Chocolate	\$4.00
Norco Real Iced Coffee / Iced Chocolate / Iced Strawberry	\$4.00
Bundy Juice – Orange / Apple / Apple Blackcurrant	\$3.20
Lipton's Iced Tea – Lemon / Peach / Mango / Raspberry	\$3.50
Assorted Juice Bombs	\$2.50
Assorted Aloe Drinks	\$2.50
Assorted Chill Iced Teas	\$2.00
Milo Milk Cups (Hot in Winter)	\$1.50
Water - 500ml	\$2.20
Water - 1 Litre	\$3.40